Kilili: Grateful and humbled. PAGE 2
Precinct 3 residents exercise right to vote on Election Day. PAGE 3

Hafa Adai!

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Thousands make their voices heard

By FERDIE DE LA TORRE
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REPORTER

» Smooth sailing general election

Thousands of voters trooped to polling places across the CNMI yesterday to make their voices heard in a generally peaceful elections that come amid a contrasting backdrop of a slowly recovering economy and the likelihood of a second wave of furloughs for workers, given the expiration of the American Rescue Plan Act funds.

See THOUSANDS on Page 4

REPORTERS' NOTEBOOK

I've covered a few elections before, but this was the first that I actually enjoyed it. I don't know if it was the relaxed feeling of this year's election, or if it was because I experienced Election Day from the perspective of another precinct other than my home precinct, Precinct 1, but it was a really fun experience.

At Precinct 5, party supporters went all out for their respective candidates. For a moment I wasn't sure if I was covering an election

See REPORTERS' on Page 4

Supporters line up outside the Garapan Elementary School in a last-minute push for their candidates yesterday. LEIGH GASES

At Precinct 5, no hitch in switch to Chacha

By KIMBERLY B. ESMORES
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REPORTER

The 2022 general elections went off without a hitch at Precinct 5, with over 700 voters going to their designated polling sites to cast their votes.

As of 3pm yesterday, poll attendants working at the Precinct 5 voting polls at the Chacha Oceanview Middle School cafeteria calculated that over

See PRECINCT 5 on Page 4

'After election, we are still family'

By CHRYSTAL MARINO
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CORRESPONDENT

Despite the typically high emotions that elections usually arouse in people, there has been no report of any disruptive behavior in voting sites in the northern part of Saipan. In fact, many of those who are running in this election are just relieved that Election Day is finally here.

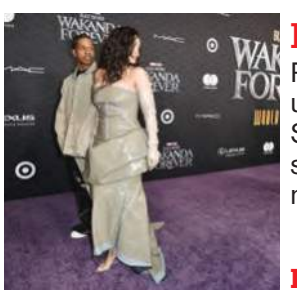
A COVID-19 Task Force member sta-

See AFTER on Page 4

INSIDE

LOCAL
The Lady Diann Torres Foundation held a book launching of its latest children's book.
PAGE 5

BUSINESS
Blackwood has moved downtown, going from Koblerville to Gualo Rai last September.
PAGE 13



LIFE & STYLE
Rihanna says her upcoming 2023 Super Bowl halftime show "was now or never for me."
PAGE 15

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Local

Kilili: Grateful and humbled

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

Delegate Gregorio Kilili C. Sablan (Ind-MP), who is running unopposed for his eighth term, feels both "grateful and humbled" and is already lining up a to-do list for his next term in the U.S. Congress.

Sablan, who voted yesterday with his wife, Andrea, at the Garapan Elementary School polling site in Garapan, said this is his third time to run without opposition. "[I'm] preparing already for the next Congress—things that are important and what we need to do," he said.

When asked what his priorities are in his new term, he said, "One thing that has eluded me since I first got in is to get some kind of permanent residency to many of those who have been here working with us…improving our community, and of course, helping our economy. I'd like for these people to receive [permanent residency]. …Many of these people have children born here and some of these children are our best and brightest and I want to keep them here—and if mom and dad are here, maybe they'll consider making this their home."

He also said that the new eligibility for the Nutrition Assistance Program was "our work that started a long time ago. It's progressing little by little. …While I prefer [the federal] SNAP for all its good reasons, NAP has developed a design to accommodate some of the niches and quirks we have here, like certain amounts can be used for local purchase. I was so happy that the EBT program is progressing, so hopefully by this time next year, those receiving benefits won't have to line up with their car…and they'll get a monthly allotment through their cards," similar to how Guam does it.

LEIGH GASES

Delegate Gregorio Kilili C. Sablan (Ind-MP) and his wife, Andrea, smile and walk hand in hand to vote at the Precinct 3 Garapan Elementary School poll site yesterday morning.

When asked if he has any plans to retire after his eight term, Sablan replied: "I'm running for now. This is an election; every two years is different. …A politician who is incumbent to a position is presumed that that person is going to run for reelection unless he or she announces that he or she is not. It's a long answer but that's the best right now that I can say."

As for the possibility of a runoff election, he said, "I think there may be a runoff, although I think each candidate will tell you today, 'No, there will be no runoff,' but I think so."

On his support for gubernatorial candidate Rep. Christina "Tina" Sablan (D-Saipan) and Rep. Leila Haveia F. Staffler (D-Saipan), Sablan said, "Personally, I think they're the best choice we have right now for our governor of the Commonwealth. …They're smart. They have a platform. They actually have a vision saying, 'Here are things that we want to do, what we want to get done.' So people have a choice. …It's the people that decide."

He added in a later interview, "Our government is only as good as the choice of the people, but it's a choice that we need to respect. I'm hopeful that Tina and Leila will make it and also the Democratic candidates. Of course, there are also good candidates in other organizations."

In 2008, Sablan became CNMI's first elected delegate to the U.S. House of Representatives.

He announced in October last year that he is seeking his eighth term as the CNMI's delegate in the U.S. House of Representatives under the NMI Democratic Party.

Precinct 3 residents exercise their right to vote on Election Day

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

With 4,087 registered voters in all, Precinct 3 is certainly one of the biggest voting district in the CNMI and that was apparent yesterday, Nov. 8, 2022, with hundreds going to either the Garapan Elementary School polling site or the Oleai Elementary School polling site to cast their votes.

The GES polling site itself was surrounded by Republican, Democrat, and independent candidates' tents, characterized by a raucous show from supporters who kept their distance from the small line of voters outside the entrance of the school cafeteria. The OES polling site had fewer people, with just two tents of both the Republican and independent supporters.

In the afternoon, the roads and area surrounding the north side of the Garapan Elementary School was filled with supporters of all ages and ethnicities—waving their party flags or placards, the place noisy and alive with music and car horns beeping, and the line much longer than it was in the morning.

When asked how the voting was going in the morning, GES poll supervisor Thelma Taitano said there hasn't been any problems so far.

A voter who exited the polling site, Lourdes Mike, said she came out to exercise her right to vote. She said there were no issues with the voting process and that "they're all very helpful. Those people inside, they will ask you if you need help or anything like that."

Precinct 3 voters wait in line at the Garapan Elementary School yesterday morning.

LEIGH GASES

In the afternoon, a first-time poll worker, John Teregeyo, said there are two lines at the GES poll site for crowd control. He said the flow in the morning was smooth, with the afternoon picking up and becoming busier as there were more people coming out to vote after lunch, but that "everything's been good." When asked what the police officers were doing inside the poll site, he said that every poll site is assigned officers. "It's just to maintain order and in case someone comes in intoxicated…"

Another voter, Tehani Kirby, said, "It's always important to give your vote because if you have something that you want to fix in the community or you need help, that's why we vote them in—so they're there to help us."

Connie Cabrera Togawa of Capital Hill, who is a retiree, said she's voting for Rep. Tina Sablan (D-Saipan), because "she is going to be a good governor here. I am sick and tired of this corruption here on Saipan, honestly. I am not planning to request for employment because I am retired. I have little resources and I don't need to work..." She is confident that Sablan would win in a runoff election.

At the OES polling site, a voter who wished to remain anonymous said, "The younger generations need to come forward and cast their vote. We just want something that's

See PRECINCT 3 on Next Page

Rota delegation OKs two bills for scholarships, patients' allowance

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The Rota Legislative Delegation passed Thursday last week a local bill that appropriates $50,000 from the Rota Municipal Scholarship Foundation Reserve Account for student scholarships and housing assistance in the amount of $14,500.

Santos

Manglona

During the RLD's session in the mayor's conference room Thursday, the delegation also passed a local bill that appropriates $50,000 in the poker licensing fees for the medical subsistence allowance of Rota's hemodialysis and terminally-ill patients in the amount of $10,000.

Rep. Donald M. Manglona (Ind-Rota), who co-chairs RLD, is the author of the two local bills.

At the same session, the RLD passed a local bill that will name the Rota Health Center's Divine Mercy Chapel after former Senate president and RHC director Julian S. Calvo.

Senate Local Bill 22-15, authored by Sen. Teresita A. Santos (Ind-Rota), proposed renaming the RHC Divine Mercy Chapel as the Julian S. Calvo Divine Mercy Chapel in recognition of Calvo's "exemplary service and significant contributions to the Municipality of Rota and to the people of the Commonwealth."

Calvo was elected senator for Rota from 1978 to 1980, and then from 1984 to 1988 and was elected floor leader in the 3rd Legislature before becoming the Senate president in the 5th Legislature.

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Attention CNMI Government Employees, Retirees and Surviving Spouses

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Websites to help you choose a plan:

- Aetna International: www.AetnaInternational.com/cnmi-ghli
- CNMI Dept of Finance: https://finance.gov.mp
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- Active employees: to your respective Agency or Department of Human Resources
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Open enrollment runs Monday, October 24 - Friday, December 09, 2022.

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THOUSANDS

From Page 1

As of press time last night, the Commonwealth Election Commission had yet to start tabulating the ballots.

As of 1pm yesterday, CEC board chair Jesus I. Sablan said that everything was running smoothly, except for a few logistical issues.

Sablan said they had some issues where supporters of a political party or candidates were probably not complying with the law that requires them stay at least 300 feet away from the designated polling sites.

"I think those are being taken care of. Other than that, it looks like it's going to be a pretty smooth election," he said.

The chairman said they are looking at starting the tabulation as soon as the ballots come in at 7pm.

Sablan presided over a board meeting yesterday morning during which they appointed the tabulators that comprise all seven CEC commissioners. He said they also discussed legal matters that he cannot disclose.

As of 1:30pm, CEC executive director Kayla S. Igitol said the election has been running smoothly as she has not encountered major issues. "The only thing that we're addressing right now is the concern regarding the 300 feet with the campaigning. But other than that, it's been smooth sailing," Igitol said.

She said as of 12pm, a ballot box containing eight votes taken from the Northern Islands arrived at the Pedro P. Tenorio Multi-Purpose Center in Susupe.

A chartered boat with the CEC team, one Office of the Public Auditor staff, and one police officer left Saipan Sunday to take four votes from Alamagan and four from Agrihan.

Igitol said a total of 6,544 voters availed of the early voting process on Saipan, Tinian, and Rota, which ended Monday.

As of Sept. 14, 2022, there were 15,559 registers voters on Saipan, 184 on the Northern Islands, 1,680 on Tinian, and 1,852 on Rota, for a total of 19,275 registered voters in the CNMI—the biggest number in CNMI history.

In the gubernatorial race, people have to decide whether to re-elect Republican Gov. Ralph DLG Torres, whose running mate is Senate floor leader Sen. Vinnie Vinson F. Sablan (R-Saipan), or elect Lt. Gov. Arnold I. Palacios, who is teaming with Saipan Mayor David M. Apatang, under a unified independent group, or choose the Democrat's young team of Reps. Christina E. Sablan (D-Saipan) and Leila F. Staffler (D-Saipan).

Delegate Gregorio Kilili C. Sablan (D-MP) is running unopposed for this 8th term. ***See related story on Page 2***

A longer version of this story is available at www. saipantribune.com

CHRYSTAL MARINO

Rep. Christina "Tina" Sablan (D-Saipan), fourth from right, who is the gubernatorial candidate of the Democratic Party of the NMI, and her running mate, Rep. Leila Staffler (D-Saipan), third from left, pose with some supporters.

KIMBERLY ESMORES

Gov. Ralph DLG Torres, third from right, and his running mate, Sen. Vinnie F. Sablan (R-Saipan), second from right, show up at Precinct 5 yesterday to support fellow Republican and House of Representative candidate Thomas John Manglona.

LEIGH GASES

Supporters of the gubernatorial tandem of Lt. Gov. Arnold Palacios and Saipan Mayor David M. Apatang wave banners and welcome voters to the Garapan Elementary School polling site.

REPORTERS'

From Page 1

or if I've been invited to a birthday party. Music was blasting, people were dancing, it was just a joyous sight to see.

However, I think the best part of it all, for me, was the kindness I experienced from all the people who camped outside the Precinct 5 voting area. Whether I supported their candidate or not, they were incredibly accommodating. ***(Kimberly B. Esmores)***

■■■

It was my first time covering Precinct 4's polling site and it was the calmest election site I have ever seen. It was extremely organized and everyone I saw enter came out in just a few short minutes, leading me to believe that the staff of Precinct 4's polling area are very efficient.

I was amazed to learn that, instead of using the wooden, cubicle-like election booths similar to previous elections, Precinct 4 this year used something like a tempered glass kind of voting booth. I was kind of concerned about the security and anonymity of it all. I feel like I could've easily looked over at other voters' ballots. However, I don't think anyone else saw this as a problem so I guess its fine. ***(Kimberly B. Esmores)***

■■■

For the most part, I observed that despite the ban on alcoholic beverages, everyone who camped out at their respective precincts to show their support for their affiliated party were over the top. If I didn't know there was a liquor ban I would think that these individuals had something to drink.

At Precinct 1, party supporters were blasting Filipino music, even though I'm almost sure not everyone understood them. While they were blasting their music, they were dancing the chacha as they waved the signs and banners at passing cars. I had half a mind to get down from mine and join them. It was awesome. ***(Kimberly B. Esmores)***

■■■

Commonwealth Casino Commission commissioner Mariano Taitano, a Republican supporter, could not help but dance after hearing MC Hammer's *Too Legit to Quit* as he was crossing the highway near the Koblerville Youth Center. ***(Ferdie de la Torre)***

A longer version of this story is available at www. saipantribune.com

AFTER

From Page 1

tioned at the Gregorio T Camacho Elementary School told *Saipan Tribune* that the day has been really "chill" so far and there have been no untoward incidents nor fighting.

While interviewing several supporters of the Republican Party, one businesswoman, who asked to remain anonymous, expressed the importance of camaraderie, saying that, at the end of the election, "we are still family." She noted that, after the election, regardless of whoever wins, the unity of people is important. She agreed that, although people must vote based on what they stand for and believe in, at the end of the day, it must not tear apart the family bonds the CNMI has.

Rep. Christina "Tina" Sablan (D-Saipan), who is the gubernatorial candidate of the Democratic Party of the NMI, said she and her running mate, Rep. Leila Staffler (D-Saipan), are excited to have finally come to this day. "Everyone's been working really hard for the past year, [and] we're really proud of the campaign we've run and just feeling really hopeful. We're very excited to finally see the results," she said.

A longer version of this story is available at www. saipantribune.com

PRECINCT 5

From Page 1

700 voters have already cast their votes starting from 7am.

Due to the large number of constituents within Precinct 5, the district was divided into two; Precinct 5-1 and 5-2.

For Precinct 5-1, they saw their largest number of voters at around 11am to 12pm, with a total of 71 voters walking in within the hour.

As for Precinct 5-2, their largest number of voters was seen from around 1pm to 2pm, with 100 individuals going to the polling site to vote.

According to the poll supervisors, who asked that they not be identified, Election Day went smoothly for the most part.

They stated that, although everyone had gotten used to the Kagman Community Center being the poll site in prior elections, the switch to Chacha Middle School was welcomed.

"We didn't have any issues today. Voters came and went and they complied with all the poll rules. I would say it was a great election day," a poll supervisor said.

At around 2:40pm, Gov. Ralph DLG Torres and his running mate, Sen. Vinnie F. Sablan (R-Saipan) showed up at Precinct 5 to support fellow Republican and House of Representative candidate Thomas John Manglona, who came out to cast his vote.

According to Manglona, he decided to cast his vote on Election Day instead of availing of early voting because he wanted to spend an extra time in the community campaigning.

"At the end of the day, what matters is I did everything that I could to put myself out there, I put all my cards on the table, and now it's up to the people to decide," he said.

Torres also gave a brief comment, stating that he is excited for the turnout and hopes that everyone came out to exercise their right to vote.

Sablan echoed Torres' sentiment and added that he hopes people will give him and Torres the chance to serve them for the next four years.

Precinct 4

Precinct 4's voting area at the Legislature was very laidback, with a consistent number of voters coming in throughout the day, ranging from 11 to 20 voters per hour. The largest number of voters for Precinct 4 was at around 2pm to 3pm, with 37 constituents coming in to cast their votes.

At around 3pm press time, Precinct 4 saw about 159 voters in total.

"As always, Precinct 4 had a very laidback Election Day. We didn't face that many problems and we didn't have that many complaints. We're excited for the outcome of this election and we just hope that it's a fair and safe election," said Precinct 4 poll worker Malia Johnson.

PRECINCT 3

From Page 3

trustworthy…"

A Republican supporter who voted early for Gov. Ralph DLG Torres, said "This is what I believe in. …I believe we got this." When asked about the possibility of a run-off, she said she will continue to vote for Torres but that she doesn't think there will be a run-off as she believes Torres will win the first time around.

A first-time voter, 19-year-old Alyssa Alegre, said after casting her vote that the experience was "nerve-racking," but that she came out to exercise her right to vote and said for young people to do the same because "it really does matter." When asked if she was familiar with the candidates, she said that her school, Northern Marianas College, was helpful for hosting the Gubernatorial Townhall.

Eighteen-year-old Izabala Guerrero, who was seen outside the independent supporter tents, said she's out there to support her mother, Marissa R. Flores who is running for Precinct 3. Guerrero hopes more of the younger generation will vote because "their vote matters—everyone's vote matters."

According to CEC's website, as of Sept. 14, 2022, there were 15,559 registered voters on Saipan, 184 on the Northern Islands, 1,680 on Tinian, and 1,852 on Rota, for a total of 19,275 registered voters in the CNMI—the biggest number in CNMI history.

Lady Diann Torres Foundation launches *I Duendis 2*

CONTRIBUTED PHOTOS

2023 Teacher of the Year Donovan Tudela delivers his remarks during the book launching event at Taga Beach on Tinian last Oct. 10.

I Duendis 2 author Jenean King receives her certificate of recognition from first lady Diann Torres during the book launching at Taga Beach on Tinian last Oct. 10. They are joined by Tinian Mayor Edwin Aldan and family members.

I Duendis 2 author Kiyani Villagomez receives her certificate of recognition from first lady Diann Torres during the book launching at Taga Beach on Tinian last Oct. 10. They are joined by Tinian Mayor Edwin Aldan and family members.

The Lady Diann Torres Foundation held a book launching of its latest children's book, *I Duendis 2,* at Taga Beach on Tinian last Oct. 10.

I Duendis 2 is one of a two-part book series authored by Tinian's Cielo Long, Jenean King, Letrisha Palacios, Kiyani Villagomez and Piper Christian.

The *I Duendis I,* which was written by just a single author, Cielo Long, was published back in 2018 and has been catalogued in all major public libraries on Saipan, Tinian and Rota.

I Duendis 2 shares a story of a young girl named Rita who discovers that the little creatures known as *duendis* who were believed to lure people with mysterious night lights with the intent to capture were not the bad creatures she was made to believe. In fact, the *duendis* only wanted Rita to help children find their voices to help protect Mother Nature.

Except for Cielo Long, who has left the CNMI to pursue her studies at Harvard University, the remaining authors of *I Duendis 2* were in full attendance during the book launch, which was open to the public.

In her absence, Long's parents were present to accept the certificate of recognition on her behalf. The certificate recognized all five authors for their participation, involvement, and contribution as members of the Sisters of CNMI and as published authors under the LDTF's Young Author's Program, which is designed to help protect the indigenous culture and languages of the Chamorro and Carolinian (Refaluwaasch) people.

First lady Diann Torres, who is the LDTF founder and its president, was joined by Tinian Mayor Edwin Aldan and the 2023 State Teacher of the Year Donovan Tudela last Oct. 10 to help celebrate the published young authors and to deliver inspirational speeches that help inspire young authors to continue writing and sharing stories through LDTF's Language and Literacy Young Authors Program.

In addition to the celebrated young authors, the event recognized and applauded Tinian's talented artist, Mikaela San Nicolas, who was responsible for the well-produced illustrations of *I Duendis 2*.

I Duendis 2 author Letrisha Palacios receives her certificate of recognition from first lady Diann Torres during the book launching at Taga Beach on Tinian last Oct. 10. They are joined by Tinian Mayor Edwin Aldan and family members.

I Duendis 2 author Piper Christian receives her certificate of recognition from first lady Diann Torres during the book launching at Taga Beach on Tinian last Oct. 10. They are joined by Tinian Mayor Edwin Aldan and family members.

Torres also dedicated the book launch to the late Patricia Kapileo who was instrumental in the Refaluwaasch translations of *I Duendis 2* and other books published under the foundation's Young Authors Program. Kapileo passed away earlier this year.

The publication of *I Duendis 2* was funded by the National Endowment for the Humanities through the Northern Marianas Humanities Council.

"*I Duendis 2* brought many talents together. It shared a story that encourages the protection of a fragile environment. I am very proud of our young authors—Jenean, Cielo, Letrisha, Kiyani and Piper—for a well written book and local artist Mikaela San Nicolas for producing some of the best illustrations," said Torres. "This book launch was an emotional one for us, as we remember Ms. Pat Kapileo and her many contributions to our program. And time and again, we are overwhelmed by the support of our sponsors, volunteers and the Humanities. Anything is possible with teamwork and collaboration, including the will to build a giant library of children's book with the goal of preserving language and culture." ***(PR)***

I Duendis 2 authors pose with first lady Diann Torres, Tinian Mayor Edwin Aldan and volunteers from the Lady Diann Torres Foundation and the Tinian Mayor's Office during the book launch at Taga Beach on Tinian last Oct. 10.

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

PUBLIC DISCLOSURE

NMHC hereby publicly discloses that on Tuesday, June 1, 2021, **Rolando G. Decena & Theodora SN Decena** immediate family members of **Rovana D. Litulumar, an employee of NMHC**, applied for assistance under the Community Development Block Grant - Disaster Recovery (CDBG-DR) Housing Program.

Said applicant has been determined to be a member of a group or class of low-income persons intended to be beneficiaries of the assisted activity and is applying to receive generally the same benefits being made available to the group or class. Ms. Litulumar is not and shall not be involved in the handling of this loan application.

NMHC discloses this possible conflict pursuant to 24 CFR 92.356 in order to allow any interested persons to comment before the application is considered for an exception under the applicable conflict regulations.

Any comments should be submitted to NMHC on or before Friday, November 18, 2022. Written comments may be faxed to Fax No.: **(670) 234-9451**, mailed to P.O. Box 500514 Saipan, MP 96950, or emailed to cnmi-cdbg-dr@nmhcgov.net.

Dated this 4th day of November, 2022.

/s/
Jesse S. Palacios
Corporate Director

Current Openings:

BODY SHOP ESTIMATOR

Summary:
The Body Estimator is responsible to provide timely, accurate and customer approved estimates for repair work. The Estimator carries out our mission of 'Customer First' in support of the quality, timeliness and fashion in which auto body repair services are performed and ultimately delivered to our valued customers. The Estimator needs proficient skills in documenting, customer service, and attention to detail.

Qualifications:
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NOTICE OF PROPOSED LEASE OF PUBLIC LAND

In accordance with Section 106 (b) of Public Law 15-2, the Department of Public Lands hereby gives notice of its intent to lease certain public land in Saipan, Commonwealth of the Northern Mariana Islands. Any interested parties of the general public may submit comments, data, views, or arguments of alternative proposals for the lease of the public land. As further provided by Public Law 15-2, the following pertinent information is required to be published.

i. The proposed lease of public land is described as Lot 182 E 01 containing an area of approximately 4,545 square meters, more or less, situated in Lower Base, Saipan. A map showing the location of the parcel is available at the Department of Public Lands and website www.dpl.gov.mp for inspection.

ii. The prospective lessee is Triple Star International Corporation. The lists of officers for Triple Star International Corporation are Wei Gang Xiong, as President, Zhang Qing, as Corporate Secretary.

iii. The proposed lease is compliant with DPL regulations and was negotiated by the officers and directors of Triple Star International Corporation, mainly Wei Gang Xiong.

iv. The lessee shall use the premises solely for the purpose of the providing recycling services that collect, recycle, and market scrap materials, and the retail sale of electronics and appliances.

The term of the proposed lease agreement is 25 years.

The proposed annual rental during the term of the lease agreement is based on a percentage of the appraised fair market value of the property plus the applicable percentage of Business Gross Receipts in DPL's regulation.

v. A copy of the proposed lease agreement may be obtained at the office of the Department of Public Lands, located on the 2nd floor of the Joeten Dandan Commercial Building in Dandan, Saipan; 1st floor of the De'Ana Commercial Building, Songsong Village, Rota; or the 1st floor of the PM Building, Tinian. A copy will also be available online at www.dpl.gov.mp

vi. The Department of Public Lands has received no alternative proposals to lease the subject public land in Lower Base, Saipan.

vii. The Secretary of the Department of Public Lands shall accept written comments, views, arguments or alternative proposals from interested parties on or before November 18, 2022 at the Department of Public Lands offices located in Saipan, Rota or Tinian.

NUTISIA PUT I MAPROPONI NA ATKILON TÅNU´ PUPBLIKU

Sigun gi Seksiona 106 (b) gi Lain Pupbliku 15-2, i Dipåttamentun Tanu' Pupbliku mannånå'i nutisia guini put i intension-ñiha para u ma'atkila metton na tanu' pupbliku giya Saipan, Commonwealth gi Sangkattan na Islas Mariånas. Maseha håyi na pattidå intirisao gi halum hinirât pupbliku siña muna'hålum upiñon, infotmasion, pat testimoniun kinontra gi tinahguin prinoponi siha para i atkilon nu i tanu' pupbliku. Komu mapribeni mås mo'na ginen i Lain Pupbliku 15-2, i tinattitiyi pettanesi na infotmasion manisisita para u mapupblika.

i. I maproponi na atkilon tanu' pupbliku madiskribi komu Lot 182 E 01 ni kunsissisti kåsi 4,545 square meters, mås pat menus, ni gaigi gi hålum Lower Base, iya Saipan. I måpa ni ina'a'annuk i pättin i lugåt managuaha gi ufisinan Dipåttamentun Tanu' Pupbliku yan gi website i www.dpl.gov.mp para inspeksion.

ii. I prospective lessee i Triple Star international Corporation. I listan nu ufisiåt siha para i Triple Star International Corporation sa si Wei Gang Xiong, komu Presidenti, si Zhang Qing, komu Sekritåriun i Corporate.

iii. I maproponi na atkilon ha tattiyi i regulasion DPL siha yan ginen manegosiu ginen i ufisiåt yan direktot nu i Triple Star International Corporation, mayotmenti si Wei Gang Xiong.

iv. I lessee debi na u usa i lugåt put atyu ha' na rason mampribebeni setbisiun recycling ni ha rikokohi, recycle, yan mambendi scrap materials, yan i retail sale nu ilektroniks yan appliances.

I tema nu i maproponi na kuntråtan atkilon sa' bentisingku (25) åñus na tiempu.

I maproponi na atkilon gi kada' såkkan gi durântin i teman kuntråtan i atkilon mapega gi put sientus i bålin "appraised fair market" i propiedåt yan i aplikåpbli na put sientus nu Business Gross Receipts gi halum regulasion i DPL.

v. I kopian i maproponi na kuntråtan atkilon siña machuli' gi ufisinan i Dipåttamentun Tanu' Pupbliku, ni gaigi gi sigundu (2nd) na bibiendan i Joeten Dandan Commercial Building giya Dandan, Saipan, primet (1st) na bibiendan i De'Ana Commercial Building, giya Songsong Village, Luta; pat i primet (1st) na bibiendan nu i PM Building, giya Tini'an. I kopia debi lokkui' na u managuaha online gi www.dpl.gov.mp

vi. I Dipåttamentun Tanu' Pupbliku tåya marisibi ni håfa na tinahguin inofresi siha ni para u ma'atkila i suhetu na tanu' pupbliku gi Lower Base, Saipan.

vii. I Sekritåriun Dipåttamentun Tanu' Pupbliku debi na u aksepta tinigi' upiñon, infotmasion, testimoniun kinontra pat tinahguin prinoponi siha ginin i manintirisão na pattida siha gi pat åntis di Nubembre 18, 2022 gi ufisinan Dipåttamentun Tanu' Pupbliku siha ni gaigi giya Sa'ipan, Luta pat Tini'an.

ARONGORONGOL TOULAP REEL KKAPASAL PPWOMWOL ATKKILOONOOL

Sángi Tálil 106 (b) reel Alléghúl Toulap 15-2, Bwulasiyol Ammwelil Faluweer Toulap e isiisiwow arongorong reel igha re mángemángil rebwe atkkilaay akkááw faluweer toulap me Seipél, Commonwealth me Téél Falúw kka Efáng. Le meleyir toulap re tipáli rebwe isiisilong aar ischil kkapas, data, views, ngáre ángiingi reel liiwelil ppwomw kkal ngáli faluweer toulap. Eyoor sángi Alléghúl Toulap 15-2, arongorong ikka e amwirimwiritiw ebwe akkatééwow:

i. Ppwomwol atkkilóónol faluweer toulap e lo bwe Lot 182 E 01 e ffat bwe maat yeel nge 4,545 reel square meters, eghus ngáre maas, iye e lo Lower Base, Seipél. Móópal bwuléy yeel eyoor me Bwulasiyol Ammwelil Faluweer Toulap me wóól website www.dpl.mp ngáre u mwuschel amwuri.

ii. Ppomwol schóól atkkilóón nge Triple Star International Corporation. List-al officers ngáli Triple Star International Corporation nge Wei Gang Xiong, bwe Presidente, Zhang Qing, bwe Sekkretóóriyol Corporate.

iii. Ppwomwol atkkilóón nge e angúúngú fengál me mwóghutughutúl DPL me eyoor abwungubwungúl sángi officers me director-il Triple Star International Corporation, spesiatmente Wei Gang Xiong.

iv. Schóól atkkilóón ebwe yááyá falúw ebwe yááyá falúw ngáli mwóghutughutúl ayooral alilisil "recycling" iye ebwe bweibwogh, "recycle", "market scrap materials", me akkaméélól "electronics" me appliances".

Ppomwol abwungubwungúl atkkilóón nge ruweigh me limoow ráágh.

Ppwomwol atkkilóónol ghal ráágh nge e lo reel percentage-il "appraised fair market value" reel falúw fengál me "applicable percentage of Business Gross Receipts" llól mwóghutughutúl DPL.

Pappidil pommwol abwungubwungúl atkkilóón emmwel ubwe bweibwogh mereel Bwulasiyol Ammwelil Faluweer toulap, iye e lo 2nd floor reel Joeten Dandan Commercial Building llól Dandan, Seipél; 1st floor reel De'Ana Commercial Building, Apilómwol Songsong, Luuta' ngáre 1st floor reel PM Building, Tchiliyól. Ebwal yoor pappidil mille online me www.dpl.gov.mp

v. Bwulasiyol Ammwelil Faluweer Toulap rese bweibwogh pommw iye e siiweli falúw iye re apasa me Lower Base, Seipél.

vii. Sekkretóóriyal Bwulasiyol Ammwelil Faluweer Toulap emmwelil bweibwogh ischil mángemáng, views, angii ngáre pommw iye re siiweli sángi schóó kka re mwuschel wóól ngáre mmwalil Nobembre 18, 2022 me Bwulasiyol Ammwelil Faluweer Toulap me Seipél, Luuta, ngáre Tchiliyól.

1 of 8 accused of illegal Guam entry via boat pleads not guilty

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

One of eight people accused of illegally entering Guam on a boat has pleaded not guilty to the allegations against him.

During his arraignment on Monday, Lu Haiyan, one of eight Chinese nationals facing one count of conspiracy to transport illegal aliens, has pleaded not guilty to the charge filed against him before U.S. District Court for the NMI Chief Judge Ramona Manglona.

Manglona accepted Lu's plea and set his jury trial for Jan. 10, 2023, at 10am.

The court also scheduled Lu's detention hearing on Nov. 12, at 2:30pm before remanding him back to the custody of the U.S. Marshal Service.

Lu is one of eight defendants in this case. His co-defendants are Li Fu, Li Xiang, Wang Shuyuan, Zeng Guosheng, Shangguan Xunan, Liu Ying, And Wu Xiuying.

Prior to this indictment, the United States indicted five others—Sun Xiaojuan, Zhang Liangxian, Gao Bingxing, Jin Suling, and Zhang Weifu—on the same charges and allegations.

Both groups of Chinese nationals are facing charges of conspiracy to transport illegal aliens. They allegedly chipped in to buy a boat that they later used to transport themselves and four others to Guam to avoid immigration.

According to the indictment, on July 2022, the defendants pooled their money to purchase a boat for $20,000 on Saipan. The boat, which is approximately 20 feet long with a fiberglass hull and motorized propeller, with CNMI boat registration number CM 4718 PU, was used by the eight defendants to travel from the CNMI to Guam on or about July 25, 2022.

The defendants allegedly used the boat to get to Guam because they wanted to avoid immigration processes that was anticipated if travel was completed by commercial airplane.

Authorities located the boat in the Hagatna Boat Basin on July 25, 2022.

It was later learned that the defendants do not have valid legal immigration status.

If found guilty, the United States wants the defendants to forfeit the boat.

$10K bail is set for man accused of beating ex for breaking up with him

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Superior Court has imposed a $10,000 cash bail on a man accused of beating his former girlfriend because she wanted to break up with him.

Superior Court Associate Judge Wesley Bogdan imposed last Thursday a $10,000 cash bail on 27-year-old Allaine John S. Reglos, a man accused of kicking and detaining his former girlfriend because she wanted to break up with him.

Reglos, who remains in the custody of the Department of Corrections, is facing charges of domestic violence: assault, assault and battery, disturbing the peace, and false arrest.

The defendant is represented by assistant public defender Vina Seelam while assistant attorney general Heather Barcinas appeared for the government.

According to court documents, a Department of Public Safety detachment office received a walk-in complaint last Nov. 2, at around 4:41am, with the victim telling the police that she was romantically involved with Reglos for a couple of months and that he became infuriated when she tried to end their relationship. He accused her of cheating on him, told the victim to stay inside his room, and not go anywhere before locking her inside his room and leaving.

When he returned, the victim said Reglos threatened to kill himself with a kitchen knife unless she handed him her cell phone. This allegedly prompted the victim to hand her phone to Reglos. However, after checking her messages and phone log and finding nothing, he got angry.

Reglos then allegedly punched a wall and threatened to punch the victim in the face and strangle her.

The victim told police she used her hands to cover her face, but Reglos forcefully grabbed both her hands away from her face, causing her hands to hit a table. Reglos then allegedly kicked her on the left side of her head, neck, and back. He also reportedly grabbed her cell phone from her and refused to give it back.

When she got up to leave his room, she said Reglos grabbed her purse and pushed her out of his dormitory.

PROCUREMENT AND SUPPLY
COMMONWEALTH HEALTHCARE CORPORATION
REQUEST FOR PROPOSAL (RFP)
POPULATION HEALTH SERVICES
RFP23-CHCC/PHS-001
SUBMISSION DEADLINE: NOV 18th, 2022 TIME: 10:00AM (CHST)

"COMMUNITY HEALTH ASSESSMENT (CHA), COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP) AND POPULATION HEALTH SERVICES (PHS) STRATEGIC PLANNING"

INTERESTED PARTIES CAN DOWNLOAD THIS REQUEST FOR PROPOSAL FROM THE CHCC WEBSITE [WWW.CHCC.HEALTH]. ONCE AT THE SITE, NAVIGATE TO **REQUEST FOR PROPOSALS** TAB ON THE LEFT NAVIGATION BAR. CLICK ON THE URL FOR THIS RFP. YOU WILL BE REQUIRED TO ENTER DATA TO ALLOW US TO TRACK ALL REQUESTS FOR THIS OPPORTUNITY.

THE CHCC RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSAL AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL, IF TO DO SO SHALL BE IN THE INTEREST OF THE CHCC. ALL PROPOSALS SHALL BECOME THE EXCLUSIVE PROPERTY OF THE COMMONWEALTH HEALTHCARE CORPORATION.

/S/ ESTHER L. MUNA
CHCC CHIEF EXECUTIVE OFFICER

/S/ CORA P. ADA
DIRECTOR OF PROCUREMENT & SUPPLY

COMMONWEALTH PORTS AUTHORITY
MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS

DEVELOPMENT OF ECHO DOCK
PORT OF SAIPAN
CPA RFP NO. CPA-RFP-010-2022
(CPA CONCESSION NO. SEA 2022-01)

The Commonwealth Ports Authority ("Authority") is inviting qualified developers and their development teams to submit sealed proposals, subject to the terms and conditions of this Request for Proposals (the "RFP") and other contract provisions, for the development of Echo Dock, which is situated north of the Port of Saipan. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the Authority because the Authority wishes to acquire services and products that cannot be evaluated by cost alone. This RFP is being issued pursuant to NMIAC § 40-70-205.

The RFP Package is available beginning Wednesday, August 31, 2022, at the Authority's Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport upon payment of a non-refundable administrative fee of $200.00. Payment shall be made in cash, credit card, cashier's check, or U.S. postal money order payable to the Commonwealth Ports Authority. Other than this administrative fee, proposers are not required to submit a prepaid minimum concession fee.

The Authority will hold a briefing for interested parties at 10:00 a.m. on Friday, September 16, 2022, to explain the Authority's development objectives, the RFP process, and to answer questions. The meeting will be held at the Authority's Seaport Conference Room, George Fleming Building. All potential applicants are encouraged to attend but it is not mandatory.

All proposers are requested to pay attention to the following significant dates and times:

Date RFP Package becomes available	August 31, 2022 (8:00 AM)
Date of RFP briefing meeting	September 16, 2022 (10:00 AM)
Deadline to submit Notice of Intent	September 28, 2022 (4:00 PM)
Deadline to submit Statement of Qualifications	October 13, 2022 (4:00 PM)
Notification of qualified applicants of the RFP	October 28, 2022
Deadline for RFP submission	November 30, 2022 (4:00 PM)

Qualified proposers shall submit their sealed proposals to the "CPA Evaluation Committee" and mark the outside cover of its submittal as follows: "RFP Proposal: Confidential - Development of the Echo Dock, Saipan (RFP-010-2022)." Five (5) hard copies and one electronic copy on CD, DVD, or flash drive of the proposal must be submitted no later than **4:00 p.m. CHST, Wednesday, November 30, 2022**, to the Office of the Executive Director, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the proposal submittal deadline shall be returned to the proposer unopened. The Authority reserves the right to reject any or all proposals submitted if sufficient justification exist that awarding the project would not be in the best interest of the CPA.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date 8/26/2022

Fishing, farming, and ranching is an important source of food and nutritional security throughout the Marianas. For many, it is a source of income.

BOOST's Fisher, Farmer, Rancher Program features BOOST Recipients from Rota and Tinian.

Such practices have been passed on from generation to generation and is an important part of our culture and indigeneity. Fishing, farming and ranching creates important ties between families and individuals, as well as strengthening ties to our environment.

The BOOST Fisher, Farmer and Rancher program is designed to promote food and nutritional security, protect and promote traditional cultural practices, as well to diversify and revitalize the economy for those engaged in commercial activity.

Priority is extended to fishers, farmers and ranchers who produce for commercial gain. Applicants who fish, farm or ranch for sustenance and/or recreational purposes shall also be considered.

Terms and conditions apply.

FAQs: How Do You Qualify:

Applicants must be able to provide evidence of any of the activities of the grant being requested.
What types of evidence do I need to produce for any grant category?

FISHING

Provide evidence of fishing activities (video, photos, letters of reference, or other forms of testimonial).

Commercial fishers applying for BOOST funds must also provide a letter of intent, company profile, explanation of the use of funds, and a certificate of good standing.

FARMING

Provide evidence of farming activities (video, photos, letters of reference, or other forms of testimonial).

Commercial farmers applying for BOOST funds must also provide a letter of intent, company profile, explanation of the use of funds, and a certificate of good standing.

RANCHING

Provide evidence of ranching activities (video, photos, letters of reference, or other forms of testimonial).

Commercial ranchers applying for BOOST funds must also provide a letter of intent, company profile, explanation of the use of funds, and a certificate of good standing.

BOOST

For inquiries simply logon to www.boostcnmi.com

Opinion

Hafa Adai!
Saipan Tribune
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EDITORIAL

Protect the ballot box: The polls themselves a new battleground for election deniers

One of many ways this country has managed more than two centuries of democratic elections and transitions is through transparency, with poll workers and watchers from the political parties participating in and observing the inner gears of vote-gathering and vote-counting.

In many cases, these people may have strong personal political leanings, but they've set them aside with the understanding that their role is to be overseers of a free and fair electoral process that, while imperfect and often evolving, has served as a global example of how to register the people's will. That's why it was a former American president, Jimmy Carter, who had the credibility to send observers to monitor elections around the world.

There's good reason to fear that the long run of American electoral integrity is at risk in 2022, as waves of poll workers leave their posts in the midst of sustained public harassment, intimidation and even death threats, and are sometimes replaced by hard-right election deniers who see their role less as protecting polling places and more as ensuring that their candidate wins.

Outside the formal workings of the election process, more conspiracy-minded election deniers have appointed themselves guardians of the franchise, intimidating voters who drop off early ballots on the pretense that they're just watching for fraud. The situation has gotten serious enough that a Trump-appointed federal judge stepped in to block some of an Arizona group's most egregious practices, including standing near ballot drop-off boxes with firearms or filming voters as they dropped off votes.

There is a long and healthy tradition of credible, trained observers from across the political spectrum working to ensure that there is free and fair access to the polls, no electioneering at polling places and no shenanigans when the votes are cast and tallied. Vigilantes are not needed or wanted and must be answered with aggressive enforcement that makes clear that political interference in the elections process—true, provable, intentional interference—is intolerable and a crime not just against one person or candidate, but against our political system as a whole.

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Oh,no...the races are so close we may not know until tomorrow if the Democrats or Republicans will be in charge of Congress!
I'm just thankful we don't have to watch all those political ads anymore! Hallelujah!
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America must stand firm against Russia. This is no time to go wobbly

By STORER H. ROWLEY
Chicago Tribune

Storer H. Rowley, a former national editor and foreign correspondent for the Chicago Tribune*, teaches journalism and communication at Northwestern University.*

Speaking with a French business owner in the energy industry this fall, I asked whether he thought NATO's full support for Ukraine in its war against Russia would wane or fracture this winter. He replied matter-of-factly, "It depends on how cold it gets."

That's unnerving. Russian President Vladimir Putin is clearly hoping a shortage of oil and gas caused by his war of choice against Ukraine will erode support in Europe for Ukrainians as high heating costs challenge people here trying to wean themselves off Russian energy supplies.

With Putin's unprovoked, brutal, criminal war dragging into its ninth month, NATO's resolve may be tested as never before by the impact of winter and soaring fuel prices. Europeans are already concerned about troubling signs that America's resolve could weaken as voters head into volatile midterm elections. That would be tragic.

"This is no time to go wobbly," as then-British Prime Minister Margaret Thatcher famously told then-President George H.W. Bush in 1990 after Iraq invaded Kuwait and Bush was strategizing with the "Iron Lady" on plans that ultimately led to the 1991 Persian Gulf War.

President Joe Biden has demonstrated laudable resolve, effective diplomacy and strong leadership in unifying NATO and helping it stand firm in the face of Putin's murderous attacks on Ukraine. Whatever outcomes emerge from the midterms, shame on America if politicians on the right or left undermine that critical work in the months ahead.

If Republicans retake the House after the Nov. 8 election, House Minority Leader Kevin McCarthy, R-Calif., could become speaker, and he has already signaled he would go wobbly on Ukraine, declaring the U.S. can no longer give Ukraine "a blank check." A growing number of Republicans are questioning whether the U.S. should continue to commit tens of billions in humanitarian and security assistance to Ukraine without stricter oversight, as Americans suffer from soaring inflation.

That's worrisome enough for Ukraine. Even some Democrats have called for Biden to move toward more direct negotiations with Russia to find compromise. A letter to Biden from 30 progressive Democrats—drafted in the summer and sent, surprisingly, to the president Oct. 24—was abruptly withdrawn a day later. Rep. Pramila Jayapal, D-Calif., chair of the Congressional Progressive Caucus, said the letter's release was a mistake, and she underscored Democrats' unequivocal support for U.S. economic and military aid to Ukraine.

Even billionaire Elon Musk, founder of SpaceX, said it wasn't reasonable for SpaceX to continue paying the $100 million tab for donating 20,000 Starlink terminals to Kyiv, supporting communication for civilians and soldiers across Ukraine. The system has helped Ukraine manage critical battlefield communications during the war, but the company wants the Pentagon or others to reimburse costs, which SpaceX has borne up until now.

While Republicans and Democrats so far overwhelmingly have supported Ukraine in defending freedom and democracy against tyranny, the war drags on, and these recent controversies have not increased confidence among Ukrainians or Europeans that the U.S. remains a steadfast, reliable partner. That is dangerous for Ukraine.

Rep. Adam Kinzinger, R-Ill., emphasized, "We've had very strong bipartisan support for Ukraine and Ukraine fighting against Russia." He thought McCarthy may have intended to say Congress should redouble efforts to ensure oversight and accountability over the aid to Ukraine, but he also rightly pointed out that such waffling will be used by Putin's propagandists to Russia's advantage: "You're giving aid and comfort to the enemy, intentionally or unintentionally."

Former U.S. Ambassador to Russia Michael McFaul supports diplomacy along with military pressure to bring the Russians to the table, but he told me earlier this year that Putin will never enter serious negotiations until there is a stalemate on the battlefield.

"Of course, we must try diplomacy. And try harder," he tweeted last week. "We must increase communication with Putin and his inner circle." He applauded recent outreach to Russian leaders by top U.S. civilian and military officials at the Pentagon but added, "We also must be realistic about what diplomacy can accomplish right now."

Putin continues to double down on his relentless bombing of civilian targets even as Ukrainian forces increasingly recapture territory from a demoralized Russian army. Putin still dreams of rebuilding a Russian empire, and he falsely accused the West of inciting the conflict and playing "a dangerous, bloody and dirty" game that was fostering chaos.

That's rich. Putin is the one who attacked first, on Feb. 24. Since then, millions of Ukrainians have been displaced from their homes, thousands of soldiers have died, on both sides, and more than $100 billion in military and economic aid to Ukraine has been committed by NATO and other nations, a large part of it from the U.S.

As Russian soldiers continued committing murder, torture and other war crimes, Putin unlawfully claimed parts of Ukraine are now Russian territory and forcibly transferred

See AMERICA on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

If you've had COVID, watch out for stroke symptoms

By FAYE FLAM
Bloomberg Opinion

Faye Flam is a Bloomberg Opinion *columnist covering science. She is host of the Follow the Science podcast.*

Harlan Krumholz, a cardiologist at the Yale School of Medicine, says he worries about two kinds of long COVID. There's the obvious version where people suffer prolonged virus symptoms like fatigue, and a stealthier version in which people recover yet carry an added risk of blood clots and strokes.

He doesn't want to panic people—most of us will probably be fine. But new studies confirm that some will develop an elevated risk of blood clots, strokes or heart attacks. Given that most people have had COVID by now, everyone should be more vigilant about the early warning signs such as chest pain, unusual swelling, numbness or weakness, or sudden changes in balance, speech or vision.

Scary reports started to surface in the spring of 2020 of young people suffering deadly strokes during or right after a COVID infection. Doctors were starting to suspect COVID was not just a respiratory disease but a blood vessel disease. Larger studies now back up their suspicions and showed that COVID infections elevated everyone's risk. That explained why younger people who should have had almost no risk were showing up with strokes, but they were just the tip of the iceberg. Patients who already smoked or had high blood pressure or diabetes went from high risk to even higher.

One recent study, published in the journal Heart—associated with the British Medical Journal—tracked 54,000 people in the UK for four and a half months, and concluded that those who'd been infected were 2.7 times more likely to develop venous thromboembolism—a dangerous type of blood clot—than those who had never been infected.

The study also showed that those who got infected but were not sick enough to be hospitalized were still 10 times more likely to die of any cause during the study period than their uninfected counterparts. People who'd been hospitalized for COVID-19 were about 100 times more likely to die during the study period.

Another new study published in Neurosurgery focused on the period when people were actively infected, and concluded that COVID-19 infection was associated with strokes, and that strokes that occurred in infected people were likely to be more severe and harder to treat with surgery.

Krumholz, who I met before the pandemic through his work on improving the way doctors conduct and evaluate studies, said they still don't have enough data to know how much these risks are mitigated by vaccination, or how long the elevated risk lasts. He said the medical community has long known that viruses can leave lingering effects, but until this pandemic, it had never been studied so thoroughly.

A consensus is forming that the lasting damage is caused by inflammation—a necessary part of our immune defense system, but one that can cause harm if it remains in high gear.

Not everyone who gets COVID will suffer serious blood vessel inflammation, but the disease is still something of a roll of the dice—or, as physician Ziyad Al-Aly puts it, Russian Roulette. That doesn't mean people should despair or panic. Early treatment can save lives, which is why doctors urge people who've been infected not to ignore any warning sign, even if they weren't previously at any known risk.

Al-Aly, who works at the Veterans Affairs St. Louis Health Care System, was one of the first doctors to jump into studying long COVID and, more generally, the aftermath of infection. "Something about SARS-CoV-2 increases propensity to damaging the lining of the blood vessels and increases the probability of blood clotting," he said.

"What makes this such a dangerous disease is mainly that it attacks these vessels," said Pascal Jabbour, a neurosurgeon at Thomas Jefferson Hospital in Philadelphia. The disease can lead to inflammation in blood vessels all over the body, he said, including the gut, causing a condition called bowel ischemia. It's also at the root of a circulatory problem known as COVID toes.

Jabbour is lead author of the Neurosurgery paper. I'd interviewed in the spring of 2020, after he'd led one of a handful of very small studies showing preliminary but worrisome connections between strokes and COVID.

His newer research looks at 575 stroke patients—some with COVID and some without. They found those with COVID fared worse and were harder to treat with surgery aimed at opening blocked vessels. The infected group included younger, healthier people than the group of uninfected stroke patients, which is what you'd expect to see if infections were raising risk across the board.

Some in the infected group had mild infections, and a few didn't know they had COVID until they showed up at the hospital with a stroke, Jabbour said. This further complicates the already complex task of tallying COVID deaths. Should people who appear to have had died of a stroke and tested positive be counted as dying with COVID, or from COVID?

Even something as neutral as heart disease risk is politicized when it intersects with the pandemic. "You can't imagine the attacks I got," said Jabbour, after he appeared on CNN in 2020 discussing his early observations and study results. That polarization has only deepened—with some people refusing to believe that COVID can have lasting effects, and others posting scare stories that the continued harsh lockdowns in China are part of a plan to triumph over the West as widespread long COVID collapses our work force.

The reality is some people have been devastated by COVID, even as most fully recover. It takes time, good studies and a lot of cases to get an understanding of the after-effects of infection, and that information is coming from countries that have seen the most cases. The take-home message is that even if you feel fine, past COVID infection is a cardiovascular risk factor, a little like elevated cholesterol. It's not a reason to despair, but it's a very good reason to be vigilant.

Is smearing food on the 'Mona Lisa' a productive form of climate change protest?

By JACKIE DESFORGES
Los Angeles Times

Jackie DesForges is a writer and artist in Los Angeles. @jackie__writes

In recent months climate activists have been in a food fight with art museums across Europe. Their protests include throwing tomato soup at a van Gogh painting in London's National Gallery and smearing cake on the protective glass over the "Mona Lisa." Last week they threw mashed potatoes on the glass covering a Monet in a German museum. Aside from some minor damage to a few frames, none of the art has been harmed.

I used to work as a gallery attendant in a contemporary art museum before COVID-19 hit. My job was twofold: protect the art and answer people's questions. But mostly protect the art. None of the pieces where I worked was behind glass; many were worth more money than a Los Angeles mansion. My fellow gallery attendants and I were the only things standing between the art and all the people who came to take selfies with the works.

During one of my first shifts, a co-worker told me not to spiral if anything happened under my watch because all of the art was insured. Often, when I was tired and bored out of my mind at work, I would think about how these paintings had better insurance than I did.

There is still part of me that flinches whenever I'm visiting a museum and I see someone getting too close to a piece of art. I have made visual art in some form for my entire life, so I have reverence for the physical care of an artwork.

And yet there is another part of me, formed in those long hours guarding wealthy people's paintings for minimum wage pay, that was darkly delighted when I saw the food hit those paintings.

It's the part of me that understands that the only way to make these and other powerful institutions pay attention to you is to get too close—especially to something of great value with a high price tag. A part of me that understands that this isn't about hurting art—if it were, these activists would pick pieces that aren't behind glass.

Some of the activists, from a group called Last Generation, have said that these protests are about getting a conversation going about climate change and others, from the group Just Stop Oil, have asked the question "What is worth more, art or life?" Last Generation has two demands on its website, both of which are specific to reducing emissions in practical ways, such as lowering the speed limit on German highways from 130 km to 100 km per hour. I imagine that these groups are also protesting the institutions, the way they seem to operate as though they are separate from anything happening outside their walls, separate from the lives of average people.

I waver in thinking whether the act of throwing food at a painting is or isn't insane, on practical and philosophical levels. But I feel strongly that the sentiment behind the act is spot on. I feel insane reading the news most days. I feel insane throwing my cans into the recycling bin, bringing my totes to the grocery store, wondering if any of it even makes a dent.

I watch as climate scientists continuously update our expiration date, I watch the topic trend on Twitter after an emissions policy passes or fails, and then watch as it is replaced by something a celebrity has done. I watch all of us, myself included, going about our days as though they aren't numbered—and none of it feels more or less insane than throwing soup at a painting.

Whether or not smearing mashed potatoes on a glass-enclosed painting is an appropriate response, it feels like energy matching energy. We are facing extinction. More than that, we are creating it: We are the artists of our own extinction, painting ourselves out of the picture. If we are going to allow that then what is the point of the art we're protecting? Who are we protecting it for?

I do wonder about the short-term effects of these protests. Will museums now become even less accessible than many already are because they fear for their artwork? Maybe more institutions will start putting up glass or locking people out—though I doubt it, if it keeps money from being made. Maybe humans will continue to focus more on protecting art than on protecting the Earth.

These activists feel to me like Earth's version of gallery attendants running around telling us all to step back, we are getting too close. We're walking straight past them. And then we're somehow shocked that the hands that could nurture such a masterpiece could also be the ones that destroy it.

AMERICA

From Page 8

thousands of Ukrainian citizens to Russia. His missiles and bombs targeted Ukrainian civilians and their power grid to make them suffer this winter. Now, Putin is making ludicrous charges about Ukraine, a non-nuclear nation, potentially using a dirty bomb to spray radiation on its own lands—perhaps signaling a plan of his own to justify Russia retaliating, maybe with a tactical nuclear bomb.

This will not stand. The trans-Atlantic alliance remains unified. A recent survey by the Chicago Council on Global Affairs found solid bipartisan majorities of the American public still strongly support continuing humanitarian and security assistance to Ukraine.

Whatever the result of the midterms, America must stay the course, hold NATO steadfast, deliver more weapons to Ukraine and impose more sanctions on Russia. The strategy is working. Putin is increasingly isolated. His army is crumbling.

A brutal, bitter, perilous winter is coming, but Putin needs to know he cannot win.

PLEASE VOTE #3

★ ★ ★

RALPH Deleon Guerrero
TORRES

★ ★ ★

VINNIE VINSON Flores
SABLAN

#1
Joseph Leepan Tenorio
GUERRERO
SAIPAN MAYOR

#1
Edwin Palacios
ALDAN
TINIAN MAYOR

#4
Keith Cabrera
ADA
House of Representative
PRECINCT 2

#1
Eric Bayani
ESTEVES
House of Representative
PRECINCT 2

#7
Grace Pitu
SABLAN
House of Representative
PRECINCT 3

#4
Ana Demapan
CASTRO
House of Representative
PRECINCT 3

#10
Quaid Taima
NGIRCHONGOR
House of Representative
PRECINCT 3

#1
Efraim Manglona
ATALIG
ROTA SENATE

#4
Aubry Manglona
HOCOG
ROTA MAYOR

#2
Valentino Nicky
TAISACAN
N. ISLAND MAYOR

#5
Joaquin Jr. Rogopes
SABLAN
House of Representative
PRECINCT 3

#4
Cecilia Remedio
TAITANO
House of Representative
PRECINCT 4

#2
David Randy Reyes
SABLAN
House of Representative
PRECINCT 4

#1
Thomas John Dlc.
MANGLONA
House of Representative
PRECINCT 5

Thank you

for all your support.

From the CNMI Republican Party Committee to Elect Ralph & Vinnie.

Congratulations to all winners!

#9
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HOCOG
House of Representative
PRECINCT 3

#4
Angel Aldan
DEMAPAN
SAIPAN SENATE

#3
Janet Ulloa
MARATITA
SAIPAN SENATE

#1
Jude Untalan
HOFSCHNEIDER
TINIAN SENATE

#3
Francisco Quichuchu
CRUZ
TINIAN SENATE

#3
Dennis James Camacho
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Ivan Jr.
MEREB
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House of Representative
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ANGEL
House of Representative
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House of Representative
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#11
Lucinda Rose Rosario
SELEPEO
House of Representative
PRECINCT 1

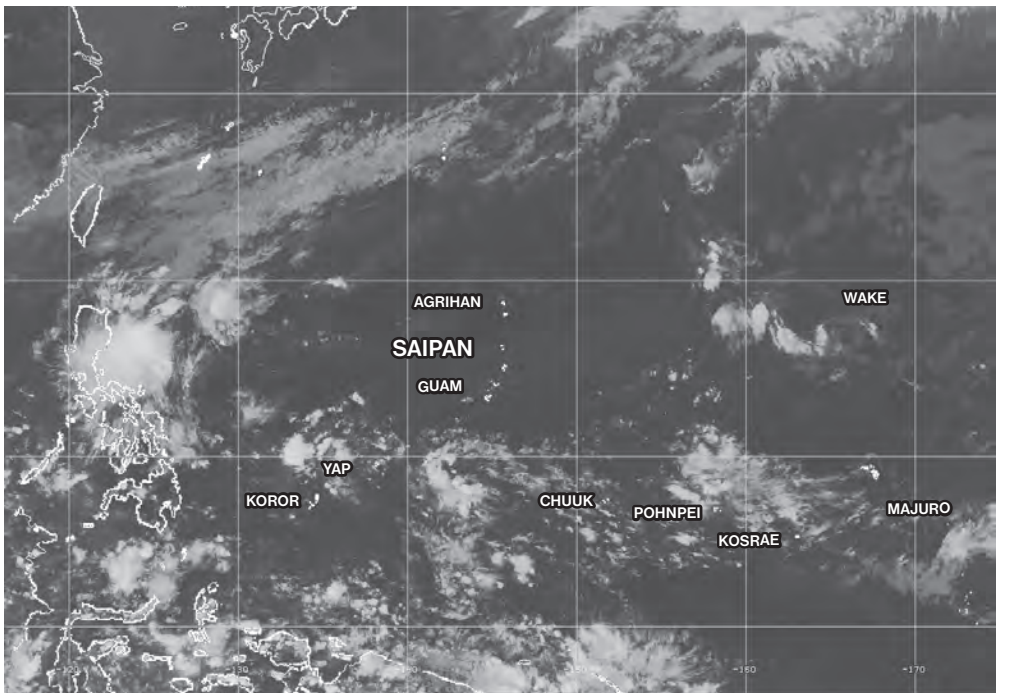
Paid for by the Committee to Elect Torres - Sablan, Zeriyn Taimanao, Treasurer

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Isolated showers. Mostly sunny	Isolated showers. Partly sunny	Partly sunny	A chance of showers. Partly sunny	Partly sunny
87° 77°	87° 77°	88° 77°	88° 77°	86° 79°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:25 AM, TUESDAY, NOVEMBER 8, 2022

Western North Pacific between equator and 25N from 130E to 180.

Guam Doppler weather radar shows widely scattered showers moving through the Marianas Waters this morning. The buoys reveal combined seas of 4 to 6 feet composed of a northeast swell.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA	▲ ▼ °F	
Guam and Rota	Scattered Thunderstorms	86° / 80°
Palau	Thunderstorms	84° / 76°
Yap	Thunderstorms	85° / 79°
Chuuk	Thunderstorms	87° / 79°
Pohnpei	Thunderstorms	89° / 77°
Kosrae	Scattered Thunderstorms	87° / 80°
Majuro	Thunderstorms	85° / 80°

DAY	SUNRISE	SUNSET
Today	6:15 AM	5:45 PM
Thursday	6:16 AM	5:45 PM
Friday	6:16 AM	5:45 PM
Saturday	6:17 AM	5:44 PM
Sunday	6:17 AM	5:44 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	6:39 AM	6:18 PM
Thursday	-	7:33 AM	7:03 PM
Friday	-	8:28 AM	7:51 PM
Saturday	-	9:22 AM	8:42 PM
Sunday	-	10:14 AM	9:34 PM

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Showers	70° / 58°
Beijing	Partly Cloudy	59° / 42°
Hong Kong	Mostly Sunny	77° / 72°
Honolulu	Partly Cloudy	84° / 73°
London	Partly Cloudy	62° / 49°
Los Angeles	Rain	62° / 55°
Manila	Thunderstorms	88° / 78°
Melbourne	Mostly Sunny	82° / 67°
Miami	Rain/Wind	84° / 74°
New York	Sunny	57° / 39°
Osaka	Sunny	68° / 49°
Paris	Partly Cloudy	60° / 45°
Busan	Mostly Sunny	69° / 50°
Rome	Mostly Cloudy	71° / 56°
Salem	Sunny	80° / 48°
San Francisco	Rain/Thunder	55° / 45°
Seoul	Mostly Cloudy	61° / 43°
Tokyo	Sunny	66° / 51°
Washington, DC	Partly Cloudy	61° / 40°

TIDES: SAIPAN HARBOR TODAY		FEET
2:06 AM	Low Tide	-0.26
8:48 AM	High Tide	1.75
2:21 PM	Low Tide	0.95
7:23 PM	High Tide	1.77

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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FLIGHT SCHEDULE AS OF NOVEMBER 1, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:35AM	Daily

SAIPAN- NARITA (NRT)

UA824	7:05AM	9:45AM	1, 3, 5

GUAM-MANILA (MNL)

PR 111	6:00AM	7:45AM	Daily
UA193	7:55PM	11:50PM	2, 5 via Palau
UA183	8:00PM	9:50PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	9:50AM	9:50PM	Daily via Guam
UA117/193	9:50AM	11:50PM	2, 5 via Guam, Palau
OZ624/701	3:40PM	10:35AM+1	3,6 via Incheon

SAIPAN-INCHEON (ICN)

OZ624	3:40PM	7:40PM	3, 6
TW308	4:30PM	8:20PM	3, 4, 6, 7
7C3405	4:35PM	8:25PM	Daily

SAIPAN-BUSAN (PUS)

BX621	3:10PM	6:30PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:46AM	Daily

NARITA (NRT)-SAIPAN

UA825	9:25PM	2:00AM+1	2, 4, 7

MANILA (MNL)-GUAM

PR110	10:05PM	3:55AM+1	Daily
UA184	10:55PM	4:45AM+1	1, 3, 4, 6, 7
UA192	10:40PM	6:30AM+1	2, 5 via Palau
UA184	12:40AM	6:30AM	3, 6

MANILA (MNL)-SAIPAN

UA189/174	12:40AM	8:46AM+1	3, 6 via Guam
UA184/174	10:55PM	8:46AM+1	1, 3, 4, 6,7 via Guam
UA192/174	10:40PM	8:46AM+1	2, 5 via Palau, Guam
OZ704/623	11:50PM	2:40PM+1	2, 5 via Incheon

INCHEON (ICN)-SAIPAN

OZ623	9:00AM	2:40PM	3, 6
TW307	10:00AM	3:30PM	3, 4, 6, 7
7C3406	10:10AM	3:30PM	Daily

BUSAN (PUS)-SAIPAN

BX622	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

MARIANAS SOUTHERN AIRWAYS

INITIAL DAILY FLIGHT SCHEDULE AS OF AUGUST 18, 2022

SAIPAN TO TINIAN

DEPARTS	ARRIVES	FREQUENCY
7:00 A.M.	7:15 A.M.	(Except Sundays)
9:50 A.M.	10:05 A.M.	
4:00 P.M.	4:15 P.M.	(Except Saturdays)

TINIAN TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
7:35 A.M.	7:50 A.M.	(Except Sundays)
10:25 A.M.	10:40 A.M.	
4:35 P.M.	4:50 P.M.	(Except Saturdays)

SAIPAN TO ROTA

DEPARTS	ARRIVES	FREQUENCY
8:10 A.M.	8:40 A.M.	
1:45 P.M.	2:15 P.M.	

ROTA TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
9:00 A.M.	9:30 A.M.	
2:35 P.M.	3:05 P.M.	

SAIPAN TO GUAM

DEPARTS	ARRIVES	FREQUENCY
11:10 A.M.	12:00 P.M.	
5:15 P.M.	6:05 P.M.	

GUAM TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
12:30 P.M.	1:20 P.M.	
6:40 P.M.	7:30 P.M.	

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily
1302	11:00	11:30	Mon/Wed/Fri
1302	12:00	12:30	Tues/Thurs/Sat/Sun
1303	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3101	9:30	10:00	Daily
3102	13:00	13:30	Tues/Thurs/Sat/Sun
3102	14:00	14:30	Mon/Wed/Fri
3103	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
4301	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily

Business

Blackwood now calls Gualo Rai new home

MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Blackwood is now located at the old H-Mart Building along Middle Road in Gualo Rai. MARK RABAGO

The relocated furniture store has new shoe cabinets, gaming tables, entertainment centers, picture frames, umbrellas, desks, drawers, and patio items such as hammock stands. MARK RABAGO

Blackwood is going downtown after the furniture store relocated from Koblerville to Gualo Rai last September.

"We decided to move to an area with more traffic coming through, better visibility, and a bigger space," said manager Dayoung Chung.

So far, the new digs have been a boon for the three-year-old furniture store as they've been getting a steady flow of customers since reopening.

"Business is going great so far. We have many items and customers coming in," she said.

Chung said unlike the Koblerville store, the Gual Rai location is more accessible because of its more central location and because it's in one of the main thoroughfares of Saipan, they get a lot of first-time customers

"The Gualo Rai location is better because it is easier for people to find. We have more customers come in and more space to display items. First-time customers visit us out of curiosity because they pass by and notice our sign. Regular customers enjoy the new location because it is bigger and easier to spot," she said.

The move to Gualo Rai and the larger space also means Blackwood gets to offer more items to the public.

"Our new showroom is bigger 30%. And thankfully we also have a bigger warehouse to stock all the items with various options. We have new shoe cabinets, gaming tables, entertainment centers, and picture frames, etc…We have patio items such as hammock stands, umbrellas, and more options of our items which are desks, drawers, cabinets, and shoe cabinets, etc.," said Chung.

Blackwood currently has no ongoing promotions, but the community should expect discounts as the countdown to the Christmas season draws closer.

"We don't have any promotions at the moment. But if we have promotions, we will post them, so please stay tuned to our social media (Facebook, Instagram)," added Chung.

Blackwood is located at the old H-Mart Building along Middle Road in Gualo Rai. It's open 11am-6pm from Monday to Saturday and closed on Sunday. For more information, call (670) 233-6708, email blackwood6708@gmail.com, Facebook at Facebook.com/blackwoodsaipan, and Instagram at Instagram.com/blackwood_saipan6708.

Twitter's pared-down staff struggles with misinformation

Twitter is struggling to respond to political misinformation and other harmful posts on the social media platform after Elon Musk fired roughly half of its workforce just days before the U.S. midterm elections, according to employees who survived the cuts and an outside voting rights group.

The recent mass layoffs spared many of the people whose job it is to keep hate and misinformation off the social-media platform. Musk cut just 15% of those frontline content-moderation workers, compared to roughly 50% job cuts companywide, an executive said last week.

But in preparation for the layoffs, employees said the company also sharply reduced how many employees can look into a specific account's digital history and behavior — a practice necessary to investigate if it's been used maliciously and take action to suspend it. The company said it froze access to those tools to reduce "insider risk" at a time of transition.

The developments are causing concern as the U.S. midterm elections culminate on Tuesday. Though millions of Americans have already cast early and absentee ballots, millions more are expected to go to the polls to cast in-person votes.

Election watchers fear the platform may not be equipped to handle hate speech, misinformation that could impact voter safety and security, and actors seeking to cast doubt on the legitimate winners of elections around the country.

Researchers tracking misinformation ahead of the midterms notified Twitter on Friday about three posts from well-known far-right figures that advanced debunked claims about election fraud. The posts remain up three days later. When Common Cause asked Twitter for an update on Monday, the platform said the posts were "under review."

Nation

AS ELECTION SEASON WRAPS

Dems, GOP make urgent final pitches

COATESVILLE, Pa. (AP)—Coast to coast, candidates and big-name backers made final appeals to voters Monday in the last hours of a fraught midterm election season, with Republicans excited about the prospect of winning back Congress and President Joe Biden insisting his party would "surprise the living devil out of a lot of people."

Democrats contend Republican victories could profoundly and adversely reshape the country, eliminating abortion rights nationwide and unleashing broad threats to the very future of American democracy. Republicans say the public is tired of Biden policies amid high inflation and concerns about crime.

"We know in our bones that our democracy is at risk," Biden said during an evening rally in Maryland, where Democrats have one of their best opportunities to reclaim a Republican-held governor's seat. "I want you know, we'll meet this moment."

Arriving back at the White House a short time later, Biden was franker, saying: "I think we'll win the Senate. I think the House is tougher." Asked what the reality of governing will be like, he responded, "More difficult."

The Maryland event followed Biden's late-campaign strategy of sticking largely to his party's strongholds rather than stumping in more competitive territory, where control of Congress may ultimately be decided. Biden won Maryland with more than 65% of the vote in 2020 and appeared with Wes Moore, the 44-year-old Rhodes Scholar who could become the state's first Black governor.

The president said at an earlier virtual event, "Imagine what we can do in a second term if we maintain control."

Most political prognosticators don't think the Democrats will — and predict that Tuesday's results will have a major impact on the next two years of Biden's presidency, shaping policy on everything from government spending to military support for Ukraine.

In the first national election since the violent Jan. 6, 2021, Capitol insurrection, the Democrats have tried to focus key races on fundamental questions about the nation's political values.

The man at the center of most Jan. 6 debate, former President Donald Trump, was in Ohio for his final rally of the 2022 campaign — and already thinking about his own future in 2024. He had teased that he might formally launch a third presidential run at Monday night's rally with Senate candidate JD Vance —which Trump concluded by promising a "big announcement" next week at his Mar-a-Lago estate in Florida.

Trump's backing of Vance in Ohio this year was crucial in helping the author and venture capitalist — and one-time Trump critic — secure the GOP's nomination for a Senate seat. He's now facing Democrat Tim Ryan.

"When I think about tomorrow, it is to ensure the American dream survives into the next generation," Vance declared to thousands of cheering supporters, some sporting Trump 2024 hats and T-shirts, at Dayton International Airport.

While the GOP likes its chances of flipping the House, control of the Senate could come down to a handful of crucial races. Those include Georgia, Arizona and Pennsylvania, where Democratic Lt. Gov. John Fetterman was locked in a close race against Republican celebrity surgeon Mehmet Oz.

"This is one of the most important races in America," Fetterman told a crowd of about 100 Monday outside a union hall near a steel plate mill in Coatesville, about 40 miles west of Philadelphia. "Dr. Oz has spent over $27 million of his own money. But this seat isn't for sale."

At a nighttime rally at a suburban Philadelphia estate, former U.S. Ambassador to the United Nations Nikki Haley introduced Oz to a crowd of about 1,500.

"There's too many extreme positions in Washington, too much out there pulling us away from where the real answers lie," Oz said. "I will bring balance to Washington. But John Fetterman? He'll bring more extreme."

Fetterman's campaign noted that, in the final days, Oz has campaigned with Trump, at a wedding venue that refuses same-sex marriages and at a fitness center whose owner organized buses for Trump's Jan. 6, 2021, rally in Washington.

In Georgia, Democratic Sen. Raphael Warnock, who was in a nail-bitter with Republican Herschel Walker, tried to cast himself as pragmatic — capable of succeeding in Washington even if the GOP has more power. Warnock promised Monday to "do whatever I need to do and work with whomever I need to work with in order to get good things done."

Arizona Democratic Sen. Mark Kelly also tried to strike a moderate tone. He praised the state's late Republican senator, John McCain, while noting that he didn't ask Biden to campaign with him but would "welcome the president to come here at any point."

Kelly's Republican rival, Blake Masters, called the senator "just a rubber stamp vote for Joe Biden's failed agenda."

"You look at what Biden and Mark Kelly are doing. It's like, are they that incompetent, or are they trying to destroy the country?" Masters said. "I think it's both."

Elon Musk, whose purchase of Twitter has roiled the social media world, used that platform Monday to endorse the GOP, writing, "I recommend voting for a Republican Congress, given that the Presidency is Democratic."

That came too late for more than 44 million Americans who had already cast early ballots. Biden, meanwhile, wasn't exclusively positive on the final day of campaigning. He's spent weeks warning of extremism and also said Monday, "We're up against some of the darkest forces we've ever seen in our history."

"These MAGA Republicans are a different breed of cat," he said, referring to Trump's "Make America Great Again" campaign slogan. Biden also raised concerns about voter intimidation during the midterms, even suggesting that some people were outside voting stations with automatic rifles.

The president was expected to watch Tuesday night's returns from the White House.

Trump has long falsely claimed he lost the 2020 election only because Democrats cheated, and he has begun raising the possibility of election fraud this year. Many Republican candidates across the country continue to adhere to his election denialism, even as federal intelligence agencies are warning of the possibility of political violence from far-right extremists.

5 Effective Ways to Relieve Stress

As someone who lives on the beautiful islands of the Marianas, sometimes it seems that there is a very low possibility that stress can override the course of living. However, stress is something that can happen to anyone. All those negative feelings, such as constant anxiety, shortness of breath, and the inevitable feeling of sinking, are associated with high-stress levels.

If this is something that you have been feeling lately, no matter where you are, you should do something about it. Thankfully, here with FIT TO LEAD, we are always here to help!

Try Some Breathing Techniques

For a long time now, taking deep breaths has been proven to be an effective weapon that fights anxiety and stress. This is a method that can relax both your body and your mind. Inhale and exhale slowly if you want to be stress-free.

Do Some Yoga

It is an effective way to relieve stress that you have been accumulating throughout the day. You get to move your muscles yet relax them simultaneously – you get to relax your mind with deep breathing and reach a calming sense of self while deepening each pose you make.

When Nature is Calling – Answer

If you decide to spend some time in your garden, or just sit on a bench looking at the ocean from the beach, you will soon start reaping the benefits. Take in some fresh air and look at the calming beauty of nature can lower your stress levels within minutes.

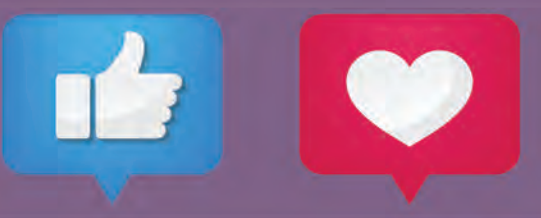
Simple Exercises

It can be anything from running to hitting the gym, and even some type of sport – anything that will get you moving. This is a great way for you to feel stress-free. After all, when in doubt – sweat it out!

Last but not least – Gratitude Is Everything

Feeling thankful, hopeful, and encouraging toward yourself is the best way for you to move on from all the anxiety and stress. Whenever you are thinking about yourself, think on a positive note. Picking yourself up whenever you feel like you are down and being gentle is the best way to experience wellness and improved mental health.

Did you like our tips on how to relieve stress?
Then feel free to browse through our website fittoleadmarianas.com and discover more valuable advice. You can also follow Fit to Lead's social media channels. Enjoy your newfound inner peace!



Before starting any diet or fitness journey, please consult with your doctor or a health professional.

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS OFFICE OF THE GOVERNOR

FIT TO LEAD

Life & Style

Rihanna talks motherhood, Super Bowl: 'It was now or never'

SIMI VALLEY, Calif. (AP)—Rihanna knew that if she was going to return to the stage less than a year after giving birth to her first child, the performance would have to top anything she'd done before.

"If I'm going to leave my baby, I'm going to leave my baby for something special," the multi-Grammy winner told The Associated Press in an interview.

That something special turned out to be the upcoming 2023 Super Bowl halftime show. "It was now or never for me," she said.

The singer had previously declined to perform in the 2019 halftime show out of solidarity with Colin Kaepernick. But in a recent interview ahead of her "Savage X Fenty Show Vol. 4," Rihanna said that the timing and circumstances this time around were right for her. "It was a challenge that I welcomed. It was a stage bigger than anything I've ever done," she said.

After the NFL announced in late September that Rihanna would headline the February show, hopeful rumors spread of a long-awaited new album, which she has been teasing in recent years. Her last album, "ANTI," was released in 2016.

Although the pop star recently dropped her first new song in six years, the lead single for "Black Panther: Wakanda Forever," she was quick to shut down speculation that her Super Bowl performance meant an album was imminent. "That's not true. Super Bowl is one thing. New music is another thing. Do you hear that, fans?" she said, laughing.

AP
From left, ASAP Rocky, Rihanna and Michael B Jordan arrive at the world premiere of "Black Panther: Wakanda Forever" on Wednesday, Oct. 26, 2022, at the Dolby Theatre in Los Angeles.

"The second that I announced this, I said, 'Oh, my God, they're going to think my album is coming. I need to get to work,'" she recalled.

Despite her quick return to the public eye after giving birth, Rihanna and rapper A$AP Rocky have kept the details about their baby private. The two have yet to share his name or any photos of him.

"We just didn't get around to it yet, really. We've just been living. But I guess there's a certain freedom that comes with kind of just like getting it out there," she said.

In addition to adjusting to life as a new mom, Rihanna said she has been busy outdoing last year's "Savage X Fenty Show Vol. 3," which earned an Emmy and included a long list of high-profile stars.

'Hushpuppi' gets prison term for money laundering conspiracy

LOS ANGELES (AP)—A Nigerian social media influencer who called himself Ray Hushpuppi and flaunted a lavish lifestyle fueled by his efforts to launder millions of stolen dollars was sentenced Monday in Los Angeles to more than 11 years in federal prison.

Ramon Abbas, 40, also was ordered by a federal judge to pay $1.7 million in restitution to two fraud victims, according to a statement from the U.S. Department of Justice.

Abbas was "one of the most prolific money launderers in the world," Don Alway, assistant director in charge of the FBI's Los Angeles office, said in the statement.

Prosecutors said Abbas and a Canadian man laundered money from various online crimes including bank cyberheists and business email compromise, or BEC, a prolific crime in which crooks hack into email accounts, pretend to be someone they're not and fool victims into wiring money where it doesn't belong.

In 2019, he helped launder some $14.7 million stolen by North Korean hackers from a bank in Malta, funneling the money through banks in Romania and Bulgaria, prosecutors said.

He also helped launder millions of pounds stolen from a British company and a professional soccer club in the United Kingdom, got a New York-based law firm to transfer nearly $923,000 to a criminal account and acknowledged in a plea agreement that he helped defraud someone in Qatar who sought a $15 million loan to build a school, federal prosecutors said.

Jimmy Kimmel to host Oscars again: 'Great honor or a trap'

By LINDSEY BAHR
AP FILM WRITER

Jimmy Kimmel is ready to host the Oscars again, completing a trilogy that started with him presiding over the chaotic "envelope-gate" ceremony.

The late-night talk show host will preside over the ceremony in March, the show's producers said Monday.

"We're super thrilled to have Jimmy score his hat trick on this global stage," executive producers and showrunners Glenn Weiss and Ricky Kirshner said in a joint statement. "We know he will be funny and ready for anything!"

Kimmel has hosted the show twice before, in 2017, when he managed the chaotic final moments in which the wrong best picture winner was called, and then the next year, which came just months into the #MeToo reckoning.

Kimmel

"Being invited to host the Oscars for a third time is either a great honor or a trap," Kimmel said. "Either way, I am grateful to the academy for asking me so quickly after everyone good said no."

After the 90th Oscars in 2018, which Kimmel hosted to generally positive reviews, the Academy Awards went without a host until the 94th ceremony earlier this year when Regina Hall, Amy Schumer and Wanda Sykes shared the stage.

"Jimmy is the perfect host to help us recognize the incredible artists and films of our 95th Oscars," added academy CEO Bill Kramer and academy President Janet Yang. "His love of movies, live TV expertise, and ability to connect with our global audiences will create an unforgettable experience for our millions of viewers worldwide."

Molly McNearney, who is the co-head writer and executive producer of "Jimmy Kimmel Live!" and is married to Kimmel, will also serve as an executive producer on the Oscars broadcast. Ratings have been a bit a of a rollercoaster for the esteemed Hollywood awards show. The 94th Oscars was an improvement with 15.36 million viewers, but that was also in comparison to the previous year's record low, which befell many COVID-modified awards shows. As always ratings will be paramount for broadcaster ABC.

"Having Jimmy Kimmel return to host the Oscars is a dream come true. As we see every night on his own show, Jimmy can handle anything with both heart and humor, and we know that he will deliver the laughs and celebratory moments that define the Oscars," said Craig Erwich, president of ABC Entertainment, Hulu & Disney Branded Television Streaming Originals. "We love being the home of Hollywood's biggest night and can't wait to toast the success of this year's cinema and storytelling."

Old-fashioned custom is still the best way to say 'thanks!'

DEAR ABBY: I was taught to write handwritten thank-you notes when I received a gift. Over the last few years, my gifts have been acknowledged with a brief text, Facebook post, a photo or not at all. I enjoy giving gifts, but the lack of response I receive from today's younger folks leaves me feeling frustrated and dismissed. Must I adapt my expectations to a new normal in etiquette?

MANNERLY MISTER IN TENNESSEE

DEAR MANNERLY MISTER: The topic of thank-you notes is one of the most common complaints I get from readers. While there's no excuse for not acknowledging a gift, you may be judging those writers harshly. Although handwritten thank-you notes are the "gold standard," many folks today opt to take a shortcut by using technology that didn't exist before the quill and inkwell.

While texts may seem cold or terse, they are better than no acknowledgment at all. A common misapprehension is that thank-you notes must be long or flowery. In fact, short and to the point is more effective. Many people don't send thank-you notes because they don't know what to say or are afraid they'll say the wrong thing. I advise readers to keep a notebook handy when they open gifts and jot down the first words that come to mind when they see what's inside. Do they like the color? The style? Is it something they have been wanting? Write it down and use it for inspiration!

My booklet, "How To Write Letters For All Occasions" contains samples of thank-you letters for birthday gifts, shower gifts, wedding gifts and those that arrive at holiday time. It also contains sample letters of congratulations, as well as ones of difficult subjects such as the loss of a parent, spouse or a child.

It can be ordered by sending your name and mailing address plus a check or money order for $8 (U.S. funds), to: Dear Abby Letters Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

With the holiday season just around the corner, this is the perfect time to reply with a handwritten letter, or a well-written email. Because letter composition is not always taught in the schools, my booklet can serve as a helpful tutorial -- not only a valuable tool for parents to use in teaching their children to write using proper etiquette, but also a handy guide for anyone who puts off writing because they don't know what to say.

■■■■

DEAR ABBY: I don't cry when friends or close relatives pass away, which embarrasses me and makes me feel guilty. I do feel empathy, though. I cry only when a pet has died. What's wrong with me?

DRY-EYED

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

DEAR DRY-EYED: No one can predict when they will be moved to tears, so please quit beating yourself up over whether teardrops flow—or not—when a friend or relative passes. If the only time you cry over a death is when you have lost your pets, I surmise you may have had a deeper emotional attachment to them than to your late relatives.

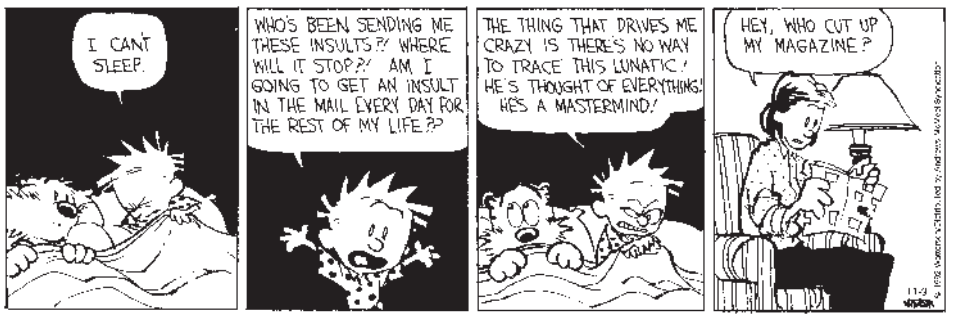
■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson


I CAN'T SLEEP.
WHO'S BEEN SENDING ME THESE INSULTS?! WHERE WILL IT STOP?! AM I GOING TO GET AN INSULT IN THE MAIL EVERY DAY FOR THE REST OF MY LIFE??
THE THING THAT DRIVES ME CRAZY IS THERE'S NO WAY TO TRACE THIS LUNATIC! HE'S THOUGHT OF EVERYTHING! HE'S A MASTERMIND!
HEY, WHO CUT UP MY MAGAZINE?

Garfield®

By Jim Davis

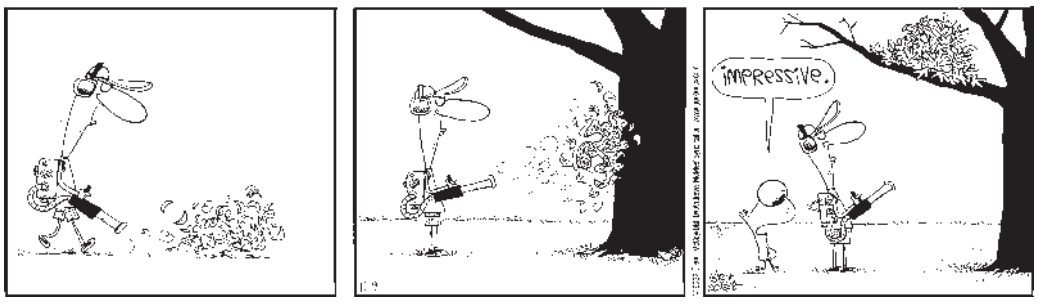
Adam@home

By Bryan Basset

WHATCHA DOING?
READING.
THAT CAN'T BE GOOD ON YOUR NECK.
IN FACT, JUST WATCHING YOU IS MAKING MINE..
DANG IT!
SORRY FOR BEING YOUNG.

The Duplex

By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS

1 At once
4 Activist Parks
8 Missile shelter
12 "Selma" director DuVernay
13 Historic periods
14 Notion
15 Zero-star review
16 Seedy nightclub
18 Aquarium growth
20 Pouch
21 Gentle soul
24 Sacred song
28 Chamomile drinks
32 Butte's kin
33 Multi-purpose truck
34 Eyelid woes
36 — de mer
37 Flower part
39 Current Twitter subject
41 Luau dances
43 "Oops!"
44 Game caller
46 Reflection
50 Men's styling aid
55 Actor Holbrook
56 Exceptional
57 Costa —
58 In the manner of
59 Molt
60 Texter's sign-off
61 Its cap. is Brussels

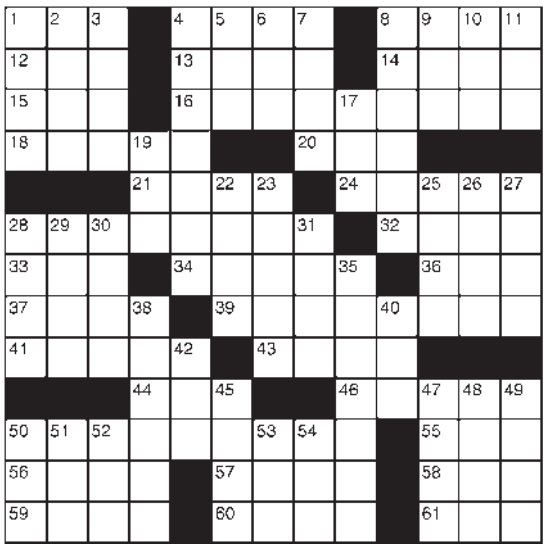
DOWN

1 Wine valley
2 Ellipse
3 Dress designer Vera
4 Warms up, as leftovers
5 Acapulco gold
6 — Diego
7 Requests
8 "Cheers," for one
9 Altar affirmative
10 Novelist Deighton
11 Wainscot wood
17 Orange tuber
19 Priestly garment
22 "Breaking Bad" drug
23 Louisiana waterway
25 Office part-timer
26 Morales of "Ozark"
27 Body powder
28 "Be quiet!"
29 Words to Brutus
30 Film spool
31 Late-night host Meyers
35 Impassive
38 Defaced
40 Resistance unit
42 Tennis match division
45 Garrison
47 Melville captain
48 Powerful wind
49 Israeli carrier
50 Day divs.
51 "Feels so good!"
52 Anger
53 Little louse
54 Glacial

Solution time: 23 mins.

E	T	A	L	■	T	H	E	A	■	S	E	A
L	A	N	A	■	B	E	S	T	■	E	O	N
F	R	I	C	A	S	S	E	E	■	E	R	N
■	■	■	J	M	P	S	■	L	E	D	G	E
A	S	S	N	S	■	■	G	I	L	■	■	■
Π	H	E	A	■	A	C	H	E	S	I	V	E
M	O	E	■	E	■	C	E	Π	■	N	E	W
Y	O	S	E	M	I	T	E	■	O	G	R	E
■	■	A	M	I	D	■	■	V	I	S	A	S
T	O	W	I	T	■	S	O	I	L	■	■	■
A	V	I	■	T	E	N	N	E	S	S	E	E
Z	E	N	■	E	■	I	E	■	U	R	G	E
O	R	G	■	D	O	T	S	■	P	O	O	L

Yesterday's answer 11-9



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Jordan Bolger, 28; Eric Dane, 50; Susan Tedeschi, 52; Lou Ferrigno, 71.

Happy Birthday: Take the path of least resistance. Find your balance, strive for equality and be smart about budgeting for what you want to do with the rest of your life. A positive change will unfold if you position yourself next to people trying to achieve similar goals. Don't limit what you can do by taking on responsibilities that don't belong to you. Your numbers are 9, 17, 21, 28, 32, 36, 47.

ARIES (March 21-April 19): Your input and help won't go unnoticed. Take what you enjoy doing most and turn it into a promising endeavor. How you help others will motivate you to build a service that is affordable for others and profitable for you.✪✪✪✪

TAURUS (April 20-May 20): Abide by the rules and observe what others do or say. Consider whether partners are an asset or a liability and adjust how much you do for them. Set goals that lead to better health, income and prospects. ✪✪✪

GEMINI (May 21-June 20): Don't let anger consume you. Ignore what others do, and don't share information that someone will use against you. Pay attention to your responsibilities, and do your best to finish what you start. An innovative approach to helping others will pay off. ✪✪✪

CANCER (June 21-July 22): A friendly approach will help you get ahead. Mixing business with pleasure will allow you to build a solid reputation and connect with people who have something to contribute to your plans. Personal growth, happiness and physical improvements are encouraged. ✪✪✪

LEO (July 23-Aug. 22): Note the changes around you. Make a difference and help those who cannot help themselves. Don't let your responsibilities slip, and don't put up with those more interested in overindulgence than doing what's right. ✪✪✪✪

VIRGO (Aug. 23-Sept. 22): Refuse to let a relationship stand between you and your goals. Pay attention to your work and what superiors expect of you. Hone your skills to ensure you are able to offer the best you can. Self-improvement is favored. ✪✪✪✪✪

LIBRA (Sept. 23-Oct. 22): You'll need a level head when dealing with money matters and what you can afford. Don't allow others to waste your time or dump responsibilities that don't belong to you in your lap. Be smart. ✪✪✪

SCORPIO (Oct. 23-Nov. 21): Look at things differently, and you'll discover how to use your skills, experience and knowledge to infiltrate into areas of interest. Shake things up, but don't let go of what you've already worked so hard to achieve. Stick close to home. ✪✪✪

SAGITTARIUS (Nov. 22-Dec. 21): Be realistic about what you can do; it will make your life easier. Show discipline when dealing with expenses and those who share your space. Offering positive alternatives will help you persuade others to do and see things your way. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Decide what you want to do next. Exercise your rights and do something that makes you happy. A job description that offers a unique spin on how you use your skills will grab your attention. Embrace something new and exciting. ✪✪✪

AQUARIUS (Jan. 20-Feb. 18): Slow down and evaluate your situation. Stick to what matters to you instead of letting outside influences sway you in a direction that offers few benefits. Share your thoughts with someone you love, but don't give in to emotional blackmail. ✪✪✪✪✪

PISCES (Feb. 19-March 20): Consider the cost of living and how to lower your overhead. Don't let emotions lead to anger and a feud. Focus on doing your own thing and giving others the freedom to do as they please. Consistency and compromise are encouraged. ✪✪

Birthday Baby: You are brave, aware and resourceful. You are enthusiastic and persistent.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

					2	1		
				7			5	
				8			3	2
	6	5			7	4		
3			5	4	8		1	
7							8	
	1						9	
		8	4	3	5	6		
			7		1			

Difficulty Level ★★★ 11/09

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Yesterday's Answer

3	9	2	1	8	6	5	7	4
8	7	5	4	9	2	3	1	6
6	1	4	5	3	7	9	8	2
4	3	1	7	2	9	8	6	5
5	6	8	3	4	1	2	9	7
9	2	7	6	5	8	1	4	3
7	4	3	9	1	5	6	2	8
2	5	9	8	6	4	7	3	1
1	8	6	2	7	3	4	5	9

Difficulty Level ★★ 11/08

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

YOGA MATS Solution: 10 letters

L	S	D	N	A	H	S	P	A	C	E	G	N	U	L
L	I	T	E	K	N	A	L	B	E	A	C	H	C	M
O	T	G	Ⓑ	Ⓞ	Ⓓ	Ⓨ	R	E	B	B	U	R	I	H
R	T	P	H	D	N	O	I	T	C	A	R	T	R	T
E	I	E	I	T	O	S	T	A	N	D	N	T	B	G
C	N	N	X	L	W	T	F	O	S	G	A	R	A	N
I	G	E	F	T	A	E	T	I	I	T	E	E	F	E
T	P	I	R	G	U	T	I	S	T	K	U	N	R	L
C	A	N	E	G	O	R	E	G	U	N	C	D	D	A
A	R	I	A	C	Y	D	E	S	H	R	E	I	I	N
R	T	T	M	E	M	O	R	Y	L	T	F	S	T	O
P	S	A	B	A	L	A	N	C	E	T	A	A	S	S
N	O	I	H	S	U	C	T	S	W	E	A	T	C	R
F	I	C	L	A	S	S	K	C	O	L	B	E	O	E
N	G	N	I	H	C	T	E	R	T	S	E	R	H	P

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Area, Balance, Beach, Blanket, Blocks, Body, Class, Clean, Cotton, Cushion, Design, Energy, Fabric, Feet, Fitness, Floor, Foam, Grip, Hands, Heat, Length, Lightweight, Lunge, Memory, Padding, Personal, Pilates, Practice, Rest, Roll, Rubber, Sitting, Soft, Space, Stand, Stick, Strap, Stretching, Studio, Surface, Sweat, Texture, Towel, Traction, Trend

Yesterday's Answer: Software

Treasuries 27, 29, 31 and 33 through 50 can be purchased online at www.WonderWordBooks.com.

Young sits, but Murray, Hawks hand Bucks 1st loss of season

ATLANTA (AP)— Dejounte Murray scored 25 points, rookie A.J. Griffin came off the bench in Trae Young's absence to add a career-high 24 and the Atlanta Hawks snapped the Milwaukee Bucks' season-opening, nine-game winning streak with a 117-98 victory on Monday night.

Giannis Antetokounmpo returned from a one-game absence with a sore left knee to score 25 points for the Bucks, who were attempting to become the first team to begin a season 10-0 since the 2014-15 Golden State Warriors got off to a 24-0 start.

"We got more aggressive in the third and fourth quarter and were able to beat the best team in the league tonight," Hawks coach Nate McMillan said. "Offensively, I thought we had really good movement, made them work and were patient and we didn't settle for the quick shots like we did in the first game against them."

Young, Atlanta's leader in points and assists, missed the game with right shin soreness. Griffin filled in admirably, logging 31 minutes and going 10 of 15 from the field.

"Coach told me to be ready early," Griffin said. "Just to have that mindset, rise to the occasion, take the challenge. You know you put in the work. Credit to the coaches and my teammates to support me. Feeling like family."

The Bucks committed a season-high 19 turnovers, leading to 22 Atlanta points.

Milwaukee's winning streak was tied for the second-longest under fifth-year coach Mike Budenholzer and the longest since winning 18 in a row in 2019-20.

Atlanta took its first lead with 9:20 left in the third quarter when Murray hit a 17-footer that made it 62-60. The Hawks went up by as many as nine twice, the second time when Murray's 17-footer made it 89-80 in the closing seconds of the third.

The Hawks outscored Milwaukee 37-22 in the third.

"They got the best of us tonight," Bucks forward Bobby Portis said. "They made shots and spread the basketball around. They had more energy than us tonight. It showed."

Brook Lopez hit a 3 midway through the first quarter for the game's first double-digit lead. A third 3 by Grayson Allen made it 21-8, and the Hawks called timeout. Atlanta trailed by as much as 14 in the first half but went on a 21-9 run that trimmed the lead to two on Onyeka Okongwu's baseline jumper midway through the second quarter.

Antetokounmpo followed a couple of possessions later in combining with Jrue Holiday on an alley-oop dunk, and Holiday buried a long jumper to make it 45-39. The Bucks led 58-52 at halftime.

The Hawks (7-3) are off to their best start to a season through 10 games since the 2016-17 team went 8-2.

"Basketball is a game of runs, and like I kept telling the group, 'They made their run' and were making a bunch of 3s — it wasn't going to be like that all night," Murray said. "We've got to continue to fight and fight and things will go our way."

Warriors 116, Kings 113

In San Francisco, Stephen Curry scored a season-high 47 points, knocking down seven 3-pointers, and Golden State beat Sacramento to snap a five-game losing streak.

Andrew Wiggins had 25 points and Klay Thompson added 16 for the Warriors before Curry made two free throws with 1.3 seconds left to secure the win.

Curry, Thompson, Draymond Green and Wiggins returned to the lineup after not playing against New Orleans on Friday.

De'Aaron Fox had 28 points and six assists for Sacramento.

Clippers 119, Cavaliers 117

In Los Angeles, Paul George scored 26 points and made the tiebreaking three-point play with 37 seconds left, and Los Angeles rallied from a 13-point deficit in the final five minutes to snap Cleveland's eight-game winning streak.

Norman Powell scored 10 of his 17 points during the frantic final rally by the Clippers, who finished the game on a 21-6 run. Cleveland led 112-100 before the Clippers scored 15 straight points while the Cavs missed seven consecutive shots and committed three turnovers.

Donovan Mitchell hit eight 3-pointers while scoring 30 points, and Evan Mobley added a season-high 26 before fouling out in the final minute for Cleveland, which hadn't lost since opening night in Toronto on Oct. 19.

Jazz 139, Lakers 116

In Salt Lake City, Lauri Markkanen scored 23 points, Jordan Clarkson added 22 and Utah beat short-handed Los Angeles for the second time in four days.

LeBron James was sidelined along with Lonnie Walker IV, and Patrick Beverley, leaving Los Angeles with only 11 available players.

AP

Atlanta Hawks' Dejounte Murray shoots over Milwaukee Bucks' Brook Lopez during the second half of an NBA basketball game Monday, Nov. 7, 2022, in Atlanta.

Anthony Davis scored a season-high 29 points and Russell Westbrook added 22 points off the bench as Los Angeles fell to 2-8.

Mavericks 96, Nets 94

In Dallas Luka Doncic scored 36 points, becoming only the second NBA player ever with nine consecutive games of at least 30 to begin the season, and Dallas beat Brooklyn.

Dorian Finney-Smith scored 18 points and Josh Green had 16 for the Mavericks, who have won four straight games.

Kevin Durant had 26 points for the Nets, who led by 14 points eight minutes in. Cam Thomas scored 19 points, Royce O'Neale had 15 and Joe Harris added 14.

Doncic joined Wilt Chamberlain as the only players to score 30 or more points in the first nine games of a season. Chamberlain did it in the first 23 games of 1962-63.

76ers 100, Suns 88

In Philadelphia, Joel Embiid had 33 points and 10 rebounds in his return after missing three games with the flu, Georges Niang scored 21 points on 7-for-10 shooting on 3-pointers, and Philadelphia beat Phoenix.

Tobias Harris added 21 points and Tyrese Maxey had 11 on 4-for-18 shooting from the field to help the 76ers win for the second time in six games.

Devin Booker scored 28 points for the Suns, who have lost two of three after winning seven of their first eight games to begin the season. Mikal Bridges had 15 points, and Cameron Payne and De-Andre Ayton each added 14.

Trail Blazers 110, Heat 107

In Miami, Josh Hart's 3-pointer as time expired gave Portland the victory over Miami.

Max Strus made a 3-pointer for Miami with 6.2 seconds remaining to tie the game. The Trail Blazers opted not to call timeout and Damian Lillard dribbled most of the way down court before finding Hart in the left corner near the Heat bench.

Anfernee Simons scored 25 for Portland, Jerami Grant added 23 and Lillard finished with 19 points in his first game back after a four-game absence with a right calf strain.

Jimmy Butler, Bam Adebayo and Strus all had 16 for Miami.

Celtics 109, Grizzlies 106

In Memphis, Tenn., Jayson Tatum scored 39 points, including a pair of free throws with 2.2 seconds left, and Boston held on to beat Memphis.

The Grizzlies inbounded the ball after Tatum's free throws, but Ja Morant slipped in the backcourt and never got off a shot for a chance to tie the game.

Morant finished with 30 points, nine assists and eight rebounds. Desmond Bane had 19 points for Memphis.

Jaylen Brown had 21 points and nine rebounds but made only one of his six 3-pointers for the Celtics, who were 12 of 37 from outside the arc.

Pacers 129, Pelicans 122

In Indianapolis, Myles Turner had season highs of 37 points and 12 rebounds, and Indiana Pacers beat the New Orleans Pelicans 129-122 on Monday night for their fourth win in five games.

Tyrese Haliburton added 20 points and 13 assists for the Pacers, making six 3-pointers. Buddy Hield had 20 points with five 3-pointers. Jalen Smith added 15 points and 11 rebounds.

The Pacers made 22 3-pointers, seventh-most in franchise history, compared to the Pelicans' 14.

Brandon Ingram scored 29 points and Zion Williamson had 26 for the Pelicans, who like the Pacers are 5-5 but have lost two in a row for the first time.

Rockets 134, Magic 127

In Orlando, Fla., Jalen Green scored 34 points, K.J. Martin came off the bench to add 21 and Houston snapped a six-game losing streak.

Houston was 24 for 48 (50%) from behind the arc. Coming into the game as the NBA's poorest shooting team (42.4%), the Rockets shot 52.9% (46 for 87).

Alperen Sengun finished with 20 points and 10 rebounds, and Eric Gordon added 19 points for the Rockets.

Paolo Banchero led the Magic with 30 points. Franz Wagner added 23 points and Terrence Ross had 21, most in a late, futile Magic rally.

Wizards 108, Hornets 100

In Charlotte, N.C., Kyle Kuzma scored 20 points and Washington handed slumping Charlotte its fifth straight loss.

Kristaps Porzingis had 19 points and eight rebounds, Jordan Goodwin scored 17 points and Rui Hachimura added 16 more off the bench for the Wizards, who had lost five of their previous six games.

P.J. Washington had 25 points and Kelly Oubre Jr. added 20 for the Hornets, who've struggled with injuries all season and have not won since upsetting the defending NBA champion Golden State Warriors.

Pistons 112, Thunder 103

In Detroit, Saddiq Bey scored 25 points, Cade Cunningham had 21 points and 11 rebounds, and Detroit beat Oklahoma City.

Rookie Jaden Ivey had 15 points and 11 rebounds, while Isaiah Stewart had 11 points and 12 rebounds. The Pistons outscored the Thunder 64-40 in the second half.

Shai Gilgeous-Alexander scored 33 points for the Thunder, but none of the other starters reached double figures.

Nuggets 115, Spurs 109

In San Antonio, Nikola Jokic had 26 points and 10 assists, Michael Porter Jr. added 24 points and Denver beat San Antonio for its third straight victory.

Denver point guard Jamal Murray added 19 points, six assists and five rebounds. Murray had six points in the final quarter, going 3 for 4 from the field.

Keldon Johnson had 30 points, Josh Richardson added 22 and Tre Jones had a career-high 20 points for the Spurs, who have lost four straight following a 5-2 start.

Knicks 120, Timberwolves 107

In Minneapolis, Julius Randle scored 31 points and had eight of New York's season-high 19 3-pointers, and the Knicks cruised past Minnesota.

Jalen Brunson pitched in 23 points and eight assists, RJ Barrett had 22 points and Obi Toppin scored 15 points off the bench for the Knicks (5-5), who built a lead as big as 27 points in the second quarter and never encountered any resistance.

Karl-Anthony Towns scored 25 points on 9-for-12 shooting with 13 rebounds and seven assists for the Timberwolves (5-6), who faced a deficit of double-digit points over the final 35-plus minutes of the game. Anthony Edwards had 16 points and nine rebounds.

Bulls 111, Raptors 97

In Chicago, Zach LaVine scored a season-high 30 points as Chicago coasted past Toronto.

LaVine, who didn't play in Sunday's nine-point loss at Toronto because of injury management on his knee, scored the Bulls' first nine points of the fourth quarter.

Bulls center Nikola Vucevic recorded his fourth consecutive double-double with 15 points and 13 rebounds.

Guard Fred VanVleet led the Raptors with 27 points.

Drake, Houston lead Ravens past Saints for 3rd straight win

NEW ORLEANS (AP) — Lamar Jackson and the Baltimore Ravens didn't need their full complement of key contributors to stifle the Saints and silence the Superdome.

Kenyan Drake rushed for 93 yards and two touchdowns, Justin Houston had an interception to go with his third straight multiple-sack game, and the Ravens beat New Orleans 27-13 on Monday night.

Jackson passed for a touchdown and frustrated New Orleans (3-6) with his mobility, rushing for 82 yards and exhibiting an array of jump cuts and spin moves while helping Baltimore (6-3) win its third straight and remain atop the AFC North, one game ahead of Cincinnati.

"The human will can only take so much. It was just pounding down in and down out," Drake said. "That's just what this team is all about — just continuing to wear teams down and grind them out with four quarters of football.

"If you can stand up to that, more power to you, but more times than not we're going to win that battle," Drake said.

The Saints entered the game with a chance to pull into a three-way tie atop the anemic NFC South with Atlanta and Tampa Bay. Instead, they were outclassed by a Baltimore team missing several offensive starters, including tight end Mark Andrews and running back Gus Edwards.

The Ravens converted nine of 15 third downs and had 319 total yards. The Saints were 3 of 11 on third down and finished with a season lows of 243 yards and 13 first downs. Baltimore possessed the ball for 37:47.

AP

Baltimore Ravens running back Kenyan Drake, center, runs with the ball in the first half of an NFL football game against the New Orleans Saints in New Orleans, Monday, Nov. 7, 2022.

"They beat us in a lot of different areas," Saints coach Dennis Allen said. "Time of possession is a factor of all phases of the game. And so we did not do a good job on third down in either aspect, offensively or defensively."

Andy Dalton passed for 210 yards and New Orleans' lone touchdown to tight end Juwan Johnson, which came in when the game was virtually out of reach in the fourth quarter. Alvin Kamara was limited to 62 yards from scrimmage, his lowest output in five games.

"We got just got beat," Dalton said, adding that Baltimore "deserved to win this one. They got after us."

Dalton was sacked four times and his interception came on a pass tipped by Brent Urban. The play set up Drake's second TD.

Baltimore's defense was stifling on New Orleans' first four possessions, limiting the Saints to 13 combined plays.

Consequently, the stamina of New Orleans' defense was tested as the unit contended with the elusive Jackson for 19:31 of the first half. Baltimore's star QB didn't let that time go to waste.

"Traditionally you cover for 3 to 4 seconds and the play is over," Saints safety Tyrann Matheiu said. "But a guy like that is a 7-, 8-, 9-second cover."

While rolling right, Jackson found tight end Isaiah Likely running a flag pattern for a 24-yard score to make it 7-0 in the first quarter.

In the second quarter, Jackson orchestrated a 12-play, 81-yard drive during which he ran for gains of 7, 16 and 12 yards. Drake capped it off by running into the end zone virtually untouched from a yard out for a 14-0 lead.

Ravens coach John Harbaugh recalled shaking his head on the sideline in awe of Jackson's displays of explosiveness and agility.

"I do not take it for granted," Harbaugh said. "I think I said, 'Wow,' a couple of times. Lamar plays on a different level. You can't just look at the passing stats."

The Saints did not get on the board until Wil Lutz's field goal as time expired in the half — a couple plays after Dalton overthrew open receiver Marquez Callaway in the end zone.

The Saints held a halftime ceremony to honor the late linebacker Sam Mills, who was inducted posthumously into the Pro Football Hall of Fame this past summer.

Appearing on the field in gold jackets were Saints Hall of Famers Rickey Jackson, Willie Roaf and Morten Andersen, along with linebacker Pat Swilling, who was part of the famed "Dome Patrol" linebacker corps that also included Jackson, Mills, and Vaughan Johnson.

Their coach, Jim Mora, also appeared while a video montage of Mills' Saints highlights were played on the Superdome video boards.

Buccaneers back atop NFC South, still searching for answers

TAMPA, Fla. (AP)—The Tampa Bay Buccaneers are back in first place, though not necessarily back on track.

Tom Brady led a dramatic comeback victory over the defending Super Bowl champion Los Angeles Rams, ending a three-game losing streak and enabling the Bucs (4-5) to pull even with Atlanta atop the NFC South midway through the season.

The team's 16-13 triumph, coupled with a win over the Falcons last month, gives Tampa Bay a tiebreaker advantage in the division race.

Still, it's much too soon to conclude they've resolved the issues that have undermined them, especially on offense.

Beating the Rams to avoid a four-game skid, nevertheless, is a step in the right direction and figures to make for a much more pleasant flight across the Atlantic Ocean this week to face the Seattle Seahawks (6-3) in Munich, Germany.

Next week's bye will afford coach Todd Bowles and his staff an opportunity to assess where the team stands and implement any changes deemed necessary.

"We have just not played the way we're capable. Just some things have kind of not really fallen our way at all," Brady said. "Hopefully we can get a win (Sunday), get to 5-5 and then the whole season is ahead of us."

Red zone and third down efficiency have been problematic. So have untimely penalties and other mistakes contributing to the team's scoring woes, and uncharacteristic breakdowns that have fed inconsistency on defense.

Through nine games, the Bucs are only averaging 18 points per game, which ranks near the bottom of the NFL after being one of the league's highest-scoring teams the past two seasons. Brady didn't get the offense into the end zone until just 9 seconds remained against the Rams.

Defensively, they've limited opponents to 21 or fewer points in seven of nine games. but not been nearly as effective lately in getting off the field on third down and in other key situations that have influenced the outcome of games.

The unit also hasn't been as dependable as usual against the run, yielding a little more than 125 yards per game on the ground.

Bowles is confident the shortcomings are fixable. He was clearly encouraged after the defense allowed a season-low 206 yards against the Rams, including just 68 rushing on 24 attempts.

"It was a hard-fought game. It was complementary football. It was a team win," Bowles said. "It's a lot easier to fly overseas after you win a game than when you lose a game. We've just got to start putting them together."

WHAT'S WORKING

Despite losing five of seven following a 2-0 start, Brady is second in the NFL with 2,547 yards passing. The team's red zone struggles are reflected in the fact the 45-year-old quarterback has only only thrown for 10 touchdowns. He's thrown one interception, none since Week 1.

WHAT NEEDS HELP

An inability to run the ball has made the Bucs rely on Brady's arm more than Bowles would prefer. The team is averaging just 3 yards per carry. There are 15 players around the league, including quarterbacks Justin Fields and Lamar Jackson, who have run for more yards than the 546 Tampa Bay has gained on the ground a a team.

STOCK UP

The kicking game has been superb, with Ryan Succop going 22 of 24 on field goals. Rookie punter Jake Camarda has been outstanding, too, consistently impacting field position. He backed the Rams up Sunday with three punts of 66 yards or more, including a 74-yarder that matched the Bucs franchise record set by Sean Landeta in 1997.

STOCK DOWN

Injuries and Ali Marpet's retirement forced the Bucs to revamp the offensive line with young, unproven players who have struggled at times.

In addition to ranking at the bottom of the league in rushing, the passing attack has been out of sync at times because opponents have been able to generate pressure to force Brady to get rid of the ball quicker than he'd like to avoid being sacked.

INJURIES

Center Ryan Jensen, a first-time Pro Bowl selection a year ago and the first player the Bucs re-signed in free agency after Brady unretired in March, has been sidelined since the first week of training camp with a knee injury. While the team hasn't officially ruled out the prospect of him returning at some point this season, there's been no indication he's anywhere near close to being ready to play, either.

KEY NUMBER

Zero turnovers forced on defense the past five games, three of them losses.

NEXT UP

After facing the Seahawks in the first NFL regular-season game played in Germany, the Bucs will have a week off before returning to action against the Cleveland Browns on Nov. 27.

TRIBUNE SPORTS SCORES

NBA STANDINGS

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
Boston	7	3	.700	—
Toronto	6	5	.545	1½
New York	5	5	.500	2
Philadelphia	5	6	.455	2½
Brooklyn	4	7	.364	3½

Southeast Division

Atlanta	7	3	.700	—
Washington	5	6	.455	2½
Miami	4	7	.364	3½
Charlotte	3	8	.273	4½
Orlando	2	9	.182	5½

Central Division

Milwaukee	9	1	.900	—
Cleveland	8	2	.800	1
Chicago	6	6	.500	4
Indiana	5	5	.500	4
Detroit	3	8	.273	6½

WESTERN CONFERENCE

Southwest Division

Dallas	6	3	.667	—
Memphis	7	4	.636	—
New Orleans	5	5	.500	1½
San Antonio	5	6	.455	2
Houston	2	9	.182	5

Northwest Division

Utah	9	3	.750	—
Portland	7	3	.700	1
Denver	7	3	.700	1
Minnesota	5	6	.455	3½
Oklahoma City	4	6	.400	4

Pacific Division

Phoenix	7	3	.700	—
L.A. Clippers	6	5	.545	1½
Golden State	4	7	.364	3½
Sacramento	3	6	.333	3½
L.A. Lakers	2	8	.200	5

NFL STANDINGS

AMERICAN CONFERENCE

East

	W	L	T	Pct	PF	PA
Buffalo	6	2	0	.750	220	118
Miami	6	3	0	.667	213	224
N.Y. Jets	6	3	0	.667	196	176
New England	5	4	0	.556	203	166

South

Tennessee	5	3	0	.625	149	158
Indianapolis	3	5	1	.389	132	183
Jacksonville	3	6	0	.333	199	178
Houston	1	6	1	.188	133	183

North

Baltimore	6	3	0	.667	235	196
Cincinnati	5	4	0	.556	228	185
Cleveland	3	5	0	.375	200	199
Pittsburgh	2	6	0	.250	120	197

West

Kansas City	6	2	0	.750	243	189
L.A. Chargers	5	3	0	.625	184	206
Denver	3	5	0	.375	121	132
Las Vegas	2	6	0	.250	183	201

NATIONAL CONFERENCE

East

Philadelphia	8	0	0	1.000	225	135
Dallas	6	2	0	.750	183	133
N.Y. Giants	6	2	0	.750	163	157
Washington	4	5	0	.444	159	192

South

Atlanta	4	5	0	.444	217	225
Tampa Bay	4	5	0	.444	162	164
New Orleans	3	6	0	.333	212	227
Carolina	2	7	0	.222	179	228

North

Minnesota	7	1	0	.875	193	161
Chicago	3	6	0	.333	187	216
Green Bay	3	6	0	.333	154	188
Detroit	2	6	0	.250	188	234

West

Seattle	6	3	0	.667	241	220
San Francisco	4	4	0	.500	176	147
L.A. Rams	3	5	0	.375	131	173
Arizona	3	6	0	.333	203	241

BY THE ASSOCIATED PRESS

Matansa FC blanks MPU FC in U13 girls soccer

By LEIGH GASES
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CORRESPONDENT

CONTRIBUTED PHOTO
Matansa players, in yellow, in action during the TakeCare Youth Soccer League Fall 2022 at the NMI Soccer Training Center in Koblerville.

Matansa Football Club blanked MPU Football Club, 7-0, in Week 6 of the TakeCare Youth Soccer League Fall 2022 last Oct. 29 at the Northern Mariana Islands Soccer Training Center in Koblerville.

Alyssa Borlongan scored four of the team's goals, while Hailey Benavente scored the other three goals.

MPU watched the time fly by as they could not put up a goal against Matansa's tough defense.

So far in the season, Matansa is at four wins, one loss, and one draw. MPU is at two wins and three losses.

Southern United FC-1 12, Paire FC 0; Kanoa FC Team-1 12, Southern United FC-2 0

Both Southern United Football Club-1 and Kanoa Football Club-1 defeated their foes in the same fashion, silencing them, 12-0.

Paire could not get past Southern United FC-1's defense and goalie as they were shut down through the whole game and came up empty until the time ran out.

Rosie Jean Saralu of Southern United FC-1 scored eight of the team's 12 goals, with three goals for Selena Atalig, and one for Brianne Echalico.

On the opposite end, Southern United's sister team, Southern United FC-2, failed to score against Kanoa FC-1.

Kanoa FC's Aubrey White, Beatrice Gross, and Ye Lynn Ha scored three goals each, with two goals from Hayven Moteisau, and one goal from Elikristiana Iglecias.

Southern United FC-1 is at four wins and one loss; Paire is at two wins, one draw, and one loss; Kanoa FC-1 is currently on top of the standing with an undefeated 6-0 record; and Southern United Team FC-2 is at one draw and four losses.

Tan Holdings FC-2 4, Kanoa FC-2 3

TanHoldings Football Club-2 beat Kanoa FC-2, 4-3.

Vanessa Bayog from Tan Holdings FC drew first blood in the ninth minute but was immediately followed up by a goal from Miana Dela Cruz of Kanoa FC.

Ashley Sangcap of Tan Holdings ended up scoring two of the team's goals with one more goal from teammate Alyza De Belen.

Tan Holdings FC-2 is at 1-5 in the standings, while Kanoa FC-2 is at one draw and four losses.

U13 BOYS
Kanoa FC 3, Tan Holdings FC 0

In the U13 boys division, Kanoa Football Club defeated Tan Holdings Football Club, 3-0.

Jayson Tagabuel scored three minutes into the game with teammate Gil Rooney backing him up in the ninth minute with another goal.

The third goal was scored by John Paul Binghit in the second half with Tan Holdings still with zero on the board.

Kanoa improved to a 4-1 slate, while Tan Holdings has one loss, one draw, and three losses.

MPU FC Blue 7, Shirley's FC 2 ; MPU FC Pink 2, Matansa FC 0

MPU Football Club Blue and Pink teams defeated their opponents.

The Blue team beat Shirley's FC, 7-2, while the Pink team silenced Matansa FC, 2-0.

In the Blue versus Shirley's game, the Blue team's Quido Jambor, Stephen Yeom, and Landon Jordan scored two goals each, while Henry Yeom scored one goal.

The two goals for Shirley's FC were both made by Branson Santos Jr.

In the Pink versus Matansa game, Joab Theo and Taiga Namai-Scoggins scored the two goals for the Pink team, while Matansa had no comeback.

MPU Blue team is on top of the standings with four wins and one draw; Shirley's FC has yet to win in five tries; MPU Pink team is at 3-2 in the win-loss chart; and Matansa dropped to 2-3.

HOO

From Page 20

Choi and Lam took the championship with a superior percentage of sets won at 62.5% compared to Kadokura and Kwon's 57.1% and Wessel and Yu's 55.6%.

Week 2 of the 2022 Tan Holdings Tennis Classic kicks off this Friday and will feature the adult competition. The tourney is being run with the help of the Northern Mariana Islands Tennis Association.

LADY

From Page 20

670 Babes.

The end of the men's second round is on Nov. 27 with the playoffs scheduled to start on Dec. 4.

The men's division game results will be posted in the next issue of *Saipan Tribune*.

MULDOON

From Page 20

in his very first triathlon.

His splits were 38:19 in the swim, 3:00 flat in the bike, and 1:45 in the run.

"I'm so happy to have competed in my first triathlon. Langkawi is a beautiful Island to host the Ironman competition and I really enjoyed biking and running through green rice fields, past ocean vistas, and over rolling hills. Training on Saipan really helped get us prepared!"

The 37-year-old California native said he wouldn't have checked competing in a triathlon on his bucket list without Muldoon's help.

"I dedicate finishing the Langkawi Ironman 70.3 to my life partner and training partner, Lily Muldoon. She was both my biggest cheerleader and my source of inspiration. I got so much stronger just trying to keep up with Lily during our many run, bike, and swim sessions," he said.

Denevan added that he and Muldoon are both so fortunate to live on Saipan where training for their first Ironman competition was both fun and challenging.

"We spent many hours per week chasing fish at Pau Pau and Tanapag, biking all over the gorgeous northern roads, and running through lush jungles. Nothing could have prepared us better for racing in Langkawi!"

Muldoon couldn't have agreed more and said having his significant other train with her was a blessing.

"Having a partner to train with daily kept me motivated and moving. In the early stormy mornings on Saipan, Michael and I would pump each other up, knowing we needed to stay on track to be ready for the half-ironman."

She found time to train in between ER shifts and public health meetings with the help of personal trainer and mixed martial arts fighter Kelvin Fitial.

"We trained approximately 10-15 hours per week. Kelvin made us circuit workouts twice weekly at 6am in Peace Park.

The genesis of Muldoon and Denevan getting into triathlon started when the former met Mick Ferris while she was the medical director for the Northern Marianas Pacific Mini Games 2022 back in June.

"Mick Ferris was the CNMI National Triathlon Team coach for the Pacific Mini Games and lives in Australia. He provided a training program and tips on nutrition, hydration, and endurance," said Muldoon.

Young sits, but Murray, Hawks hand Bucks 1st loss of season

PAGE 17

Saipan Tribune
Sports

Matansa FC blanks MPU FC in U13 girls soccer

PAGE 19

Muldoon, Denevan conquer Ironman 70.3

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Lily Muldoon and Michael Denevan both finished in the Top 15 in their age groups in the Ironman 70.3 held last Saturday in Langkawi, Malaysia.

Muldoon secured an invitation to the Ironman 70.3 World Championships in Finland in August 2023 after finishing second in her division and ninth overall among the women with a time of 5 hours and 22 minutes.

In her very first half ironman, the 37-year-old Department of Public Health director and Commonwealth Health Center Emergency Department physician finished the 1.2-mile swim in 35:15, the 56-mile bike race in 2:57, and the 13.1-mile run in 1:43.

"We chose this race because the conditions in Langkawi were very similar to Saipan. The swim was in the warm ocean, the bike ride was hilly, and the run was humid," said Muldoon, whose farthest triathlon before last weekend was the 2019 Tagaman on Saipan.

"During the race it was raining most of the course, which was a benefit because we were not dealing with the heat, but the paths were soaked and we were running through large mud puddles and sand pits," she said.

Of the three disciplines, Muldoon admitted that the bike portion was a real blast.

"The bike ride gave us a beautiful 56-mile tour of Langkawi island that included incredible views, smells of curry, many cheering locals, and at some points I had to dodge a cow and a monkey in the road!" said the bemedalled runner from Colorado.

Denevan, for his part, finished 15th in his age group and 89th out of all men with a time of 5 hours and 31 seconds

See MULDOON on Page 19

CONTRIBUTED PHOTO
Lily Muldoon and Michael Denevan are all smiles after completing the Ironman 70.3 in Langkawi, Malaysia last Saturday.

LEIGH GASES
A Lady Eagles player is on the batter's box during one of their games in the 2022 Budweiser Belau Amateur Softball Association League at the Dandan Softball Field.

Lady Eagles shoot down Hot Shots

By LEIGH GASES
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The Lady Eagles shot down the Hot Shots, 16-5, in their make-up game and lone women's division game in the 2022 Budweiser Belau Amateur Softball Association League last Sunday at the DanDan Softball Field.

In a one-sided, run-filled game, the Lady Eagles' Emi Oiterong, Verline Secharmidal, and Ikelau Ngirarois were the stars of the team as they all hit a home run each and collected a total of eight RBIs.

The Hot Shots were cold in their offense as they went four innings without a single run—the opposite of the Lady Eagles as they soared through the defense and kept the runs coming until the very last inning.

The Hot Shots' first three batters—Erica Tenorio, Brittany Luzama, and Becky Repeki—brought in the team's four runs over three innings.

Meanwhile, the Eagles scored four runs in the first inning and kept the momentum going throughout the game with two in the second, three each in the fourth and fifth inning, then scoring four more runs in the final inning.

The end of the women's second round is this Sunday, Nov. 13, after the last make-up game between the Hot Shots and the

See LADY on Page 19

Hoo Wang wins girls 16 division

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Hoo Wang won her very first age group championship after topping the girls 16 division of the 2022 Tan Holdings Tennis Classic last Sunday at the Crowne Plaza Saipan tennis courts.

The 14-year-old Saipan International School student repulsed the challenge of giant-killer Anne Lee in the finals, 6-3, 7-5, to rule the age group.

Wang, who was the second seed, kicked off her campaign with a bye before blanking Savita Sikkel, 6-0, 6-0, to reach the finals.

Lee, meanwhile, swept Isa Nishitani, 6-0, 6-0, in the first round before upsetting No. 1 seed Irin Chung, 6-0, 6-4, in the semis.

"I am very proud of my hard work I had put into tennis and I would work harder and harder to be the best. I'm dedicating my victory to my brother, my mom, and my personal coach Moris Villanueva, and my favorite coach Jeff [Race] because they have helped me a lot through my tennis career," said Wang.

Asked what was the difference in the tournament that allowed her to go all the way, she said it was the support of friends and family.

"My friends and my family were cheering for me a lot. I've been playing tennis for five years and the Pacific Mini Games got me very inspired and motivated to work harder from second place to first place," she said.

In the girls 14, Anne Lee finally hit paydirt when she beat top seed Hannah Chae, 7-5, 6-1, in the finals.

After getting a bye in the opening round, Lee breezed past Sarah Lim, 6-0, 6-0, to advance to the finals where the No. 2 seed eventually outdueled Chae in an epic matchup.

Stella Choi duplicated Lee's success in the girls 14 when the No. 2 seed upset No. 1 Emma Lang, 6-4, 6-0, in the finals.

Choi began the tourney with a bye and immediately booked a finals ticket following a 6-2, 6-0 win over Jenna Pascual.

In the lone doubles division in Week 1 of the 2022 Tan Holdings Tennis Classic, Henry Choi and Lahunn Lam edged two other pairs with similar 2-1 win-loss records to win the boys 16 doubles.

Choi and Lam lost against Nason Wessel and June Yu, 5-7, 6-1, 10-12, in their very first outing, but aced their last two matches. They nipped Cody Shimizu and Simon Tang, 6-1, 1-6, 10-8, and Wataru Kadokura and David Kwon, 6-0, 6-4.

Wessel and Yu and Kadokura and Kwon also wound up with similar 2-1 slates, but

See HOO on Page 19

Wang